



# Agawam Advertiser

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"Your Hometown Newspaper"

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July 27, 2000

## Veterans' Cemetery Shapes Up For Fall Completion

by Kathy Shepard  
Feature Editor

The approximately 64-acre field, once used to grow potatoes and other crops, will soon open as the first State Veterans' Cemetery in Western Massachusetts.

The cemetery is scheduled for construction completion by November 14th of this year. On Main Street, near the intersection of River Road in Agawam, the land for the cemetery was donated by Edward Squazza. It will be open for burials by the end of 2000 or the beginning of 2001.

Edward Kellogg, veterans' agent for Agawam, Tolland, Granville, and Southwick, told us that Squazza, although not a soldier, was a farmer who believed that "the troops have to be fed." Due to his generosity, his land will go to another important use as the final resting place for some 40,000 soldiers and their kin.

According to Robert McKean, director of Veterans' Cemeteries for the Commonwealth of Massachusetts, the staff must be in place and trained before the facility can officially open for burials. "We are in the process of choosing a cemetery manager, an administrative assistant, a maintenance working foreman, and three full-time groundskeepers. Plus, next year for 26 weeks, we'll need three part-time groundskeepers," McKean told us.

"We are advertising now to fill the maintenance working foreman position and will be accepting applications until August 4th," McKean continued. "Applications for the full-time groundskeepers and administrative assistant positions will close on

SEE CEMETERY - Page 2



**PROJECT SUPERVISOR RICHARD MOREAU** points to the front of the Administration Building that's under construction at the State Veterans' Memorial Cemetery at the junction of Main Street and River Road in Agawam. Advertiser News photo by Kathy Shepard.

## Six Flags Treats Foreign Students To Day Of Fun



**SIX FLAGS NEW ENGLAND TREATED** a large group of American Intercultural Programs (AFS) students from the Cleveland, Ohio area to a day of fun earlier this month. Six Flags officials, along with Mayor Richard A. Cohen (center of photo), greeted the group at the Main Gate before they entered the park. The day at Six Flags was part of a four-day stay for the group, sponsored by the Agawam Chapter of AFS. (See related story and photo on Page 6.) Advertiser News photo by Kathy Shepard.

## Celebrating A Special Birthday...



**HEDWIG SELLE RECEIVES A PLAQUE** from Richard Theroux, representing Mayor Richard A. Cohen, at a party to celebrate her 100th birthday held at Heritage Woods. A family reunion was held in Miss Selle's honor, and the guests included area residents and attendees from throughout the United States and abroad. (See related photos in "Families.") Advertiser News photo by Kathy Shepard.



**CEMETERY - from Page 1**  
September 1st."

Applications should be sent to Robert McKean, director, Veterans' Cemeteries, c/o Department of Veterans' Services, 239 Causeway Street, Suite 100, Boston, MA 02114. Applications have been received for the cemetery manager position and the process is approaching finalization.

R.A.C. Builders, Inc. of Agawam was awarded the contract to handle the construction of the State Veterans' Memorial Cemetery. Richard Moreau, Project Supervisor, gave us a tour of the site, explaining some of the steps involved in the facility's development.

As general contractors, R.A.C. Builders coordinated the excavation around the buildings, landscaping, electrical wiring, gas and sewer lines, roofing, heating, ventilating, and air conditioning. "We are just starting work on the tower now," Moreau said. "We're very pleased with the progress that has been made. We are on schedule for the November 14th completion."

Moreau gave a tour of about 23 acres of the 64-acre area, including an area for double and single vaults and a structure known as a columbarium that provides spaces for the urns which will hold cremated remains. The tower, under construction, will have digital chimes. The area surrounding it will afford visitors a captivating view of the Assembly Field. Brick sidewalks will be in place when the cemetery opens.

The three buildings, which are near completion, include the Administration Building, the Committal, which is similar to a chapel, and the Maintenance Building. Kellogg envisioned services at the new cemetery: "During a service, as family and friends face the casket, they will be able to see the Assembly Field in the background. There, the Honor Guard will march out and pay tribute to the deceased with their 21-gun salute.

"The Assembly Field will display the American Flag, the State Flag, and the MIA-POW Flag," Kellogg continued. "Around the perimeter will be a bank of monuments memorializing each branch of the service."

The cemetery is expected to handle as many as five burials a day and will accommodate up to 40,000 spaces for veterans, their spouses, and certain family members.

The original goal to open the cemetery by Memorial Day 2000 was delayed due to certain environmental issues, but the project is moving full-steam ahead, according to those we spoke with.

McKean said, "I am very proud of where we are. I think people will be pleased at what they see. We are honored to have been able to do this for our heroes and their families."

Several dozen families have formally asked the state to register the cremated remains (known as "cremains") of their loved ones. Cremains can be stored at a funeral home or with the family, but there are difficulties with storing caskets for burial. Families will also be allowed to remove loved ones from other cemeteries for burial in Agawam, although the procedure can be expensive.

Especially impressive will be the all-glass wall of the Committal, and most visitors will appreciate graceful landscaping and architectural designs which enhance the natural surroundings. Moreau is proud of the commitment his crew has made in completing the project with no additional delays. When all finishing touches are complete, the State Veterans' Cemetery promises to add grace and dignity to our community and to our soldiers' memories.

Due to the efforts of Ruth Bitzas, former veterans' agent, State Representative Daniel Keenan, State Senator Linda Melconian, Congressman Richard Neal, and Ed Kellogg, Agawam was chosen over Westover/Chicopee as the site for the State Veterans' Memorial Cemetery. Mayor Richard A. Cohen recently made Ruth Bitzas a lifelong member of the Veterans' Council.

Kellogg is presently looking into ways to air a Power Point presentation on Public Access which chronicles the construction of the cemetery from day one to the present. McKean had the presentation made so citizens could see the process that was involved.



**CONSTRUCTION WORKERS** Danny Vegerano and Fran Jacques work in front of the area which will be an all-glass window in the Committal at the State Veterans' Memorial Cemetery. Advertiser News photo by Kathy Shepard.

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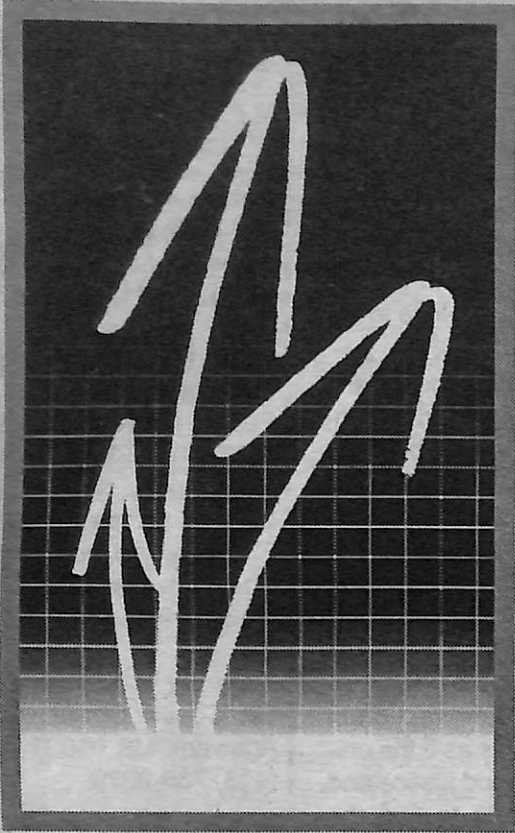
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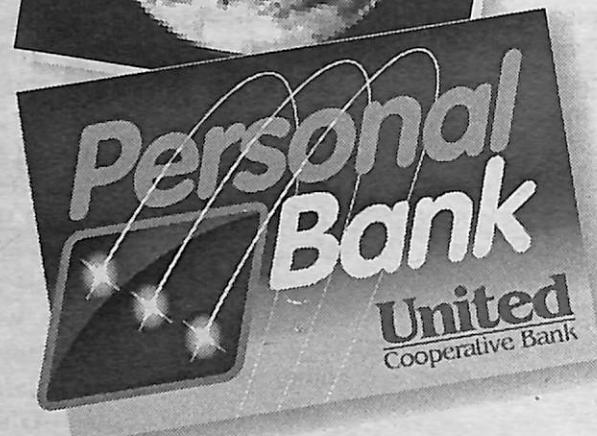
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## Letters To The Editor

### Congratulations To All Pioneer Valley Athletes

To The Editor:

Congratulations to all the Agawam boys, girls, and coaches who took part in the "2000 Summer Pioneer Valley Soccer League." Having fun and super sportsmanship is what really counts!

The best of success this coming autumn season at the High School and colleges. Thank you very much to the parents, relatives, friends, and volunteers who came out to the games.

Very truly yours,  
Clyde E.P. Benton  
Feeding Hills

### Have You Ever Been Jailed For Justice?

To The Editor:

The Fourth of July was especially meaningful to me this year. I was invited to Tanglewood to enjoy the music of Peter, Paul, and Mary, and the festivities that the Fourth of July brings to all of us. It is a day that we all, in this country, celebrate our independence and our liberties.

As I enjoyed my friends, our conversations, the food we shared, and listened to the spectacular music from Peter, Paul, and Mary, they sang a song I had never heard them sing or play before. It was for me not only compelling, but seemingly preordained. The name of the song was "Have you ever been jailed for Justice?" As I listened to the moving and compelling song, people started singing, and to me, it seemed as if they sang the song from deep within their hearts and with more feeling than any of the other songs that they joined in with.

## Senator Melconian Announces Soft Second Loan Program

Senate Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce that the Soft Second Loan Program has awarded \$450,000 to Hampden and Hampshire Counties to help approximately 110 low- and moderate-income homebuyers to purchase their first home.

The Soft Second Loan Program is administered by the Department of Housing and Community Development (DHCD) and the Massachusetts Housing Partnership (MHP) Fund. This joint initiative between private and public sectors combines a conventional first mortgage with a publicly subsidized second mortgage. This program was authorized in the FY '01 state budget.

"This program represents a great opportunity for residents of Hampden and Hampshire Counties to make their dream of homeownership become a reality," Melconian said. "The combination of a low down payment and low monthly payments increases the availability of housing for people across a broad spectrum of incomes."

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786-7747 or 786-8137;  
however, please give  
us at least 72 hours'  
notice prior to your  
event. Thank you.

The words in the song brought me back to the day when I was "kidnapped" and jailed for exercising our First Amendment rights. You see, I spoke and poked fun on the Bax and O'Brien Show on Rock 102, with the way city government officials were treating private citizens. As fast as a lawyer could draft a brief, the city officials entered into court and asked the court to increase the already ridiculous punitive fines and/or throw me in jail. The judge, acting from pure emotion and anger, seemingly incensed that I would talk publicly on an entertainment show, cried out from the bench that because I appeared on the radio show, I was acting in bad faith and that he had to move to the next phase and that was incarceration.

It stunned and amazed me that our tax dollars, approximately \$900 a week, were being used to punish a citizen because he talked and joked publicly on the radio about city officials. In this country and in this great Commonwealth, men and women have died in many wars, starting with the most important of all wars, the Revolutionary War, that gave us the first inalienable right, and that is freedom of speech. After my "kidnapping" and having served two weeks, my family and friends paid the "ransom" to set me free.

When I heard the words that I heard on the Fourth of July on the lawn of Tanglewood, it was as if the universe was applauding my efforts to defend justice and our First Amendment rights. My efforts to find the words to the song led me to contact Peter, Paul, and Mary and their representative gave me the lyrics with the permission of its writer, Anne Feeney. The lyrics are as follows:

*"Have you been to jail for Justice?"*

*Was it Cesar Chavez? Maybe it was Dorothy Day.  
Some will say Dr. King or Gandhi sent them on their way  
No matter who your mentors are, it's pretty plain to see  
If you've been jailed for justice, you're in good company.*

*Have you been to jail for justice?*

*I want to shake your hand*

*Sitting in and lying down are ways to take a stand*

*Have you sung a song for freedom?*

*Or marched that picket line."*

*Have you been to jail for justice?*

*Oh, you're a friend of mine.*

Abe Kasparian, Jr.  
Candidate For State Senate, Hampden District

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## Veterans' Corner...

# Believing In The Flag Is Not The Same As Waving The Flag

by Edward Kellogg - Veterans' Agent - 786-0400, Ext. 236/237

Over the course of my professional life as a career man in the United States Coast Guard and now as Director of Veterans' Service for the Western Hampden District, as well as a member of the American Legion, I may find myself standing with my hand over my heart, as colors are posted, several times a week. This, to me, is never a routine moment. There is always a glimmer of a memory. The thought of an old friend, the sound of a voice, the reminder of those who followed the colors into a distant battlefield. I think I can say, with no small amount of pride or modesty, that there is no one who places more faith in all that venerable piece of cloth stands for, than the man who writes this column.

Looking back at the excitement of the Fourth of July fireworks, I would like to raise a distinction which often gets lost in the moment. For me, believing in the flag is not the same as waving the flag. Personally, I would rather be counted among the former than the latter. It is much easier to wave the flag than it is to believe in it. At this time each year, we tend to be overrun by flag wavers. Inevitably, their rhetoric - whether it be on the floor of Congress, or the airways of talk radio - locks onto the idea of what to do with those who would burn or defame the flag.

I never cease to be amazed at all the thunder and lightning that is spent on this issue. A proposed Constitutional amendment has focused our attention on flag desecration. The Supreme Court ruled that burning our most precious national symbol is a right protected under the broad parameters of free speech. This ruling was formally challenged and was voted down on the Senate floor this past year. However, I don't believe that taking legal measures to protect the flag automatically instills a genuine respect or love for the flag.

Love and respect, unfortunately, are things you cannot legislate. No constitutional amendment can impact a true sense of love or respect for all that our flag stands for. Henry Ward Beecher said, "A thoughtful mind, when it sees a flag, sees not the flag, but the nation itself."

As someone who spends each day wondering about the true value we accord veterans in this socie-

ty, the spectre of flag burning is a drain of precious time and energy. I would much rather see the public get as angry and as loud over the deplorable way our veterans are being treated throughout the state and all over the country. To ignore the silent, private wars being waged on the sidewalks of our cities, the wards of the V.A. hospitals, the floors of the homeless shelters, is to forget the covenant we made to those who donned the uniforms of this great nation. This, ladies and gentlemen, is a travesty. This is what I consider to be a true defamation of the flag and all she stands for!

But, apparently, it is much harder to raise our voices against this sacrilege, than to bellow over the prospect of someone wearing a flag as a skirt. Somewhere along the line, I believe we've lost sight of what is really important. Sadder still, we've lost sight of what the flag truly means. In my mind, the flag means that those veterans (particularly those who came before me) are deserving of this country's care, respect, and gratitude. This is the very heart of a sacred covenant every veteran makes with this country, in the shadows of that glorious flag.

Whether I find myself standing at a veterans' ceremony, or in the stands of the Civic Center, the visions, memories, thoughts, and feelings inspired by the sight of the flag are always the same.

Sometimes I wonder if only those who served their country and their flag are able to truly see the depth of its significance. I wonder if it takes two or three minutes in a war zone to leave one with a lasting awareness and appreciation of the flag as a touchstone for everything we hold dear. These are not comforting thoughts, I know. Yet they continue to haunt me as I stand out there in the Civic Center, watching spectators around me slouch, talk, or drink their way through the National Anthem.

How ironic that in fighting and dying in the shadow of that hallowed banner, we have not only sustained the cause of freedom, but engendered a kind of complacency among those whose futures have been more secure. I wonder how many people can recite the Pledge of Allegiance and understand just what it is they are saying? I wonder how many times they have taken just a moment to ponder the implications of a

simple but eloquent collection of words that sum our values as a nation? I often wonder if veterans are blessed with a clear understanding of all that flag represents?

Like many veterans, I can count the names of my friends who died in Vietnam. I can see their faces and hear their laughter this very day ... years after they gave their lives so that our flag might wave. It is their reflection that I see in those Stars and Stripes. It's the pride of their families. And yes, it is also the empty ache I feel over their loss.

This is but a small part of what I see in the flag. Granted, this view might be somewhat personal, but then the flag should spark something deeply personal in all of us. And though I ... as, I am sure, all of you ... find it personally abhorrent that anyone would attempt to burn a patch of cloth that weighs so heavily in our lives, no one can ever truly desecrate the flag as I know it. Still, I wonder if the flag stirs such passion in others? Not the few who would attempt to destroy it, but rather, so many more who remain frozen within their own complacency, unable to see in this symbol both the rewards and responsibilities of freedom.

It is my hope that one day, that the people whose lives were never touched by the sting and death of battle, will also come to realize something personal in the flag ... something that will move them to place their hands over their hearts and give thanks. Give thanks for the men and women who gave their lives so that a way of life could continue. Let these days, when our flag flies so proudly, remind us of those who cared for their families, their communities, their country, and their flag.

Thank you for allowing me the chance to share a few thoughts ... personal thoughts ... about the flag which I have been proud to serve and defend.

## VETERANS' GOLF TOURNAMENT

Here we are in the middle of the golf season, and I would like you, my readers, to join us for our Fourth Annual Veterans' Golf Tournament. The reason I am writing about our golf tournament in the "Veterans' Corner" is to drum up some business for the fundrais-

SEE VETS' CORNER - Page 6

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# Exchange Students From Ohio Hosted By Agawam AFS

The Agawam Chapter of American Intercultural Programs (AFS) hosted a group of 35 AFS students and their three adult chaperones for a four-day stay here in town earlier this month.

The AFS visitors were en route to C.W. Post University in Long Island, where thousands of other AFS students from across the country were to gather before being shuttled to nearby Kennedy International Airport for their return trips to their homelands after a one-year stay in AFS communities all over the USA.

Called "The Bus Stop" by American Intercultural Programs, this program provides a transition for the students from their American host parents as they return to their natural parents and families in member AFS countries all over the world.

Agawam AFS Community Chapter members had organized 14 Agawam families to serve as hosts for the Ohio AFS group, which arrived tired and bleary-eyed at 9:45 p.m. at the Agawam High School parking lot on Friday, July 7th, after their long bus trip from Ohio.

Agawam AFS "Bus Stop" chairmen Dan Lacienski and Ric Sardella, along with members of the community chapter, had planned a busy schedule of events for the Ohio AFS'ers that began on Saturday morning, July 8th, with a day-long trip to Boston led by Lacienski and board member Pat Asta-Ferrero.

On Sunday morning, the Ohio group assembled for a morning meeting with their adult chaperones under the pavilion at Perry Lane Park. This was followed by an afternoon of picnicking and swimming with their Agawam host families. The visitors put on a talent show late in the day, much to the delight of their Agawam hosts. In the evening, the group spent a few hours of bowling and fun at Games and Lanes on Walnut Street Extension.

On Monday, July 10th, another morning meeting was held with their adult chaperones at the Captain Charles Leonard House in Agawam Center. The group was then escorted up Main Street to Six Flags New England, where they were met by Six Flags officials and Agawam Mayor Richard A. Cohen (who, with his brother, Agawam High Guidance Counselor Alan Cohen, served as a host family) at the Main Gate before entering the park.

On Monday evening, all of the Agawam host families and their Ohio guests gathered for a farewell BBQ and disco at the Agawam VFW pavilion off South Street. Dan Lacienski, Pat Asta-Ferrero, Karen Asta-Ferrero, Lee Lacienski, Linda Nelson, and Linda Galarneau (an Agawam School Committee member),



AMERICAN INTERCULTURAL PROGRAMS (AFS) students from the Cleveland, Ohio area presented a map of the USA to their hosts, members of the Agawam Chapter of AFS, at a good-bye dance held at the Agawam VFW.

all board members of Agawam AFS, were in charge of the event. Local disc jockey Tommy Melbourne provided the tunes.

At 11:00 p.m., a King Ward Coach Lines bus pulled into the parking lot and the huge pile of suitcases were loaded onto the bus as the group of Ohio AFS'ers and their Agawam hosts clasped shoulders for a few final songs. The tears were freely flowing as everyone was caught up in the emotions of the moment.

After phone numbers, mailing addresses, and e-mail addresses were exchanged, the students slowly filed onto the bus that was bound for a quick drive-through of New York City before heading for Long Island.

"This is the 14th 'Bus Stop' hosted by the Agawam Chapter in the past 16 years, and we couldn't have been more pleased with the way it went," said Dan Lacienski. "The kids had a great time and I know the host families enjoyed themselves. I would like to thank all the families in Agawam who opened their homes and their hearts to these kids. It's what AFS is all about."

businesses of this town. Come join me on Saturday, August 5th, at St. Anne's Country Club at 12:00 noon for registration.

Reserve your foursome now at \$65 a head (which includes green fees, cart, and dinner). If you have any questions or would like to make a donation towards the Honor Roll, give me a call at 786-0400, ext. 236. Thank you!

Agawam AFS offers its sincerest thanks to the following individuals and businesses for their support of this "Bus Stop": Mayor Richard A. Cohen, the Agawam Parks and Recreation Department, King Ward Coach Lines, *The Agawam Advertiser News*, the Captain Charles Leonard Hosue, Six Flags New England (including Dean O'Keefe and his staff), the Agawam VFW and its commander, Stanley Chmielewski, and disc jockey Tommy Melbourne.

Agawam AFS has committed to sponsoring two students as seniors at Agawam High School for the 2000-2001 school year, as well as a visiting teacher who will arrive for a six-month stay in January 2001 to teach in the Agawam High School Foreign Language Department. If you wish further information about Agawam AFS, call chapter President Ric Sardella at 786-7747 (days) or 789-2005 (evenings), chapter Vice-President Karen Asta-Ferrero at 786-3048 (evenings), Student-Family Liaison Lee Lacienski at 786-3877 (days), or Family Selection Coordinator Debbie Struck at 786-6760 (evenings).

*All the hometown news with us, each and every week ...*  
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## VETS' CORNER - from Page 5

er (which supports our veterans' Honor Roll). We have been raising money for this Honor Roll for a number of years now, and we continue to do events to add to this fund.

I would like to ask all my readers to consider talking it up and come out and support this fundraiser. Spend a day out on the golf course, buy some raffle tickets, eat, and have a good time. We have a lot of good prizes to raffle off due to the generosity of the



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## - Agawam Obituaries -

### CARMELA BONAVIDA

Carmela (Santaniello) Bonavita, 85, of Agawam, died recently in a local nursing home.

Born in Springfield, she was raised in Italy and later returned to Springfield. She moved to Agawam in 1951.

She was a member of St. John the Evangelist Church.

Her husband, Albert Bonavita, died in 1960.

She leaves two daughters, Jennie Kisonas of Westfield and Josephine Barbour of Chesapeake, Virginia; a sister, Filomena Alfano of Agawam; and four grandchildren.

The funeral was held at Colonial-Forastiere

Funeral Home and in the church, with burial in St. Michael's Cemetery, Springfield.

### ESTHER BOYDEN

Esther "Betty" (Hersh) Boyden, 86, formerly of Aldrew Terrace and Quail Run, Agawam, died recently in a Longmeadow nursing home.

She was a clerk at Massachusetts Mutual Life Insurance Co. for 21 years and retired in 1977.

Born in Springfield, she was a 1931 graduate of Commerce High School.

She was a member of the Old First Church for more than 40 years and its Women's Guild. She also belonged to the Mended Hearts Club and Sixteen Acres Golden Agers Club, where she was secretary.

She was a former Cub Scout den mother.

Her husband, Charles A. Boyden, Jr., died in 1989.

She leaves two sons, Richard L. of Alexandria, Virginia, and Robert C. of Simsbury, Connecticut; a brother, Leonard J. Hersh of Springfield; a sister, Mildred Totten of Omaha, Nebraska; four grandchildren; three step-granddaughters; a great-granddaughter; and seven step-great-grandchildren.

The funeral was held at Byron's Allen Street Funeral Home, with burial in Hillcrest Park Cemetery.

Memorial contributions may be made to the Mended Hearts Club No. 37, in care of Melvyn Altman, 15 Sedgewick Street, Springfield, MA 01108

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**OBITUARIES - from Page 7**

or to any charity.

**DELIA G. CHRISTOPHER**

Delia (Guidi) Christopher, 98, formerly of Bridge Street, Agawam, died recently in a local nursing home.

She was a sorter at Strathmore Paper Co. in West Springfield for 47 years and retired in 1963.

Born in Agawam, she was a lifelong city resident and a communicant of St. Anthony of Padua Church and a member of its Holy Rosary Society.

Her husband, Henry Christopher, died in 1958.

She leaves a son, Alfred H., and two daughters, Dorothy Pilegi and Irene Grasso, all of Agawam; six grandchildren; and six great-grandchildren.

The funeral was held at Toomey-O'Brien Funeral Home and the church, with burial in St. Thomas Cemetery.

**EVOL T. DEMERS**

Evol T. Demers, 76, of Agawam, died recently at home.

He was a custodian at East Longmeadow High School for the past eight years and worked previously at the former Bigelow Textile Mills in Holyoke for many years. He retired in 1989.

Born in Quebec, Canada, he moved to Springfield in 1956, to West Springfield in 1983, and to Agawam in 1993.

He was a Canadian Army veteran of World War II, a communicant of St. Theresa of the Child Jesus Church, and a member of the Agawam and West Springfield Senior Centers.

His wife, the former Fernande Belanger, died in 1994.

He leaves a son, Claude of West Springfield; two daughters, Lisa J. Case of Feeding Hills and Nicole G. Demers of the Fairview section of Chicopee; a brother, Benoit of Quebec; four grandchildren; and two great-granddaughters.

The funeral was held at St. Pierre Springfield Funeral Chapels and the church, with burial in Calvary Cemetery, Chicopee.

Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089, or the Visiting Nurse Association and Hospice of Western New England, P.O. Box 9058, Springfield, MA 01102-9058.

**MARIE ANN FLEMING**

Marie Ann Fleming, 75, of Agawam and formerly of Longmeadow, died recently at Mercy Hospital in Springfield.

Born in Worcester, she lived in Springfield and graduated from the High School of Commerce.

She lived most of her life in Longmeadow and Agawam, and was a communicant of St. Mary's Church in Longmeadow.

She leaves her husband of 52 years, John R. Fleming; two sons, John T. of Feeding Hills and Martin D. of East Longmeadow; four daughters, Christine M. Fleming of Conway, New Hampshire, Maureen R. Edgerton of West Yellowstone, Montana, Lisa A. Babcock of East Longmeadow, and Therese Craaybeek of Enfield, CT; two sisters, Helen Lapensee and Judith Sanders, both of Worcester; and 10 grandchildren.

The funeral was held at Sampson's Chapel of the Acres Funeral Home in Springfield and in the church, with burial in Agawam Center Cemetery.

**GEORGE A. FONTAINE**

George A. Fontaine, 81, of Agawam, died recently in a local nursing home.

He was a crib attendant at Hamilton Standard Division of United Technologies Corp. in Windsor Locks, CT, for 21 years.

Born in Derby, Vermont, he lived in Stamford, Vermont, North Adams, and Holyoke before moving to Agawam in 1956.

He was an Army private first class during World War II.

He was a communicant of St. John the Evangelist Church and belonged to the Hamilton Standard Retirees Club, the Friends of Agawam, and the Disabled American Veterans.

His wife, the former Germaine Piette, predeceased him.

He leaves a son, Andre of Glenelg, Maryland; two daughters, Beatrice Jazab of Westfield and Celia Appel of Holyoke; four brothers, Lawrence of Derby, Adelard of Bristol, CT, Lionel of West Charleston, Vermont, and Dorillard of Bellingham; four sisters, Mary Jane Perkins and Anita Shorette, both of Bristol, Lucille Patenaude of Derby, and Helen Beauregard of Essex, Vermont; and two grandsons.

A memorial Mass was celebrated at the church, with burial to be scheduled at Massachusetts Veterans Memorial Cemetery. Colonial-Forastiere Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Hospice of Western Massachusetts, 50 Maple Street, P.O. Box 9058, Springfield, MA 01102-9058, or any other charity.

**NORMAN F. JASMIN**

Norman Francis Jasmin, 78, a 45-year resident of

Agawam, died recently in a local nursing home.

He was the owner and operator of the Jasmin's Pharmacy.

He was a former member of the West Springfield/Agawam Elks Club and the Agawam Lions Club.

He served in the Coast Guard during World War II and received the WWII Victory Medal, Asiatic Pacific Campaign Medal with a bronze star, the American Campaign Medal, China Service Medal, and the Philippine Liberation Ribbon.

He was an active member of St. Theresa's parish in Agawam.

He was predeceased by his wife of 56 years, Sophie (Mendrala) Jasmin, in 1999.

He leaves a son, Ronald B. of Agawam.

The funeral was scheduled for Friday morning, July 28th, at Toomey-O'Brien Funeral Home and the church, with burial in St. Thomas Cemetery in West Springfield. The calling hours were scheduled for the afternoon and evening of Thursday, July 27th.

Memorial contributions may be made to the ALS Association, P.O. Box 4651, Margate, Florida 33063.

**FRANCIS G. OUELLETTE**

Francis G. Ouellette, 84, of Agawam and formerly of Chicopee, died recently in a local nursing home.

He was a postal clerk at the Tapley Street Annex in Springfield.

Born in Moosup, Connecticut, he lived in New Bedford prior to living in Chicopee. He moved to Agawam earlier this year.

A World War II Army veteran, he served with the 442nd Bomber Group and participated in campaigns in Rome, Arno, Southern France, the North Apennines, the Rhineland, and Central Europe.

He was a member of the National Association of Retired Federal Employees and the Chicopee Golden Agers.

His first wife, the former Marie R. Tardi, predeceased him.

He leaves his wife, the former Dorothy Johnson; three daughters, Irene Provenzano of Springfield, Michele Roberge of Chicopee, and Louise Kelley of Wellington, Florida; and four grandchildren.

The funeral was scheduled to be private, and Colonial-Forastiere Funeral Home of Agawam was in charge of the arrangements.

Memorial contributions may be made to either the Shriners Hospital, Donations Department, 516 Carew Street, Springfield, MA 01104, or to the Chicopee VNA, 152 Center Street, Chicopee, MA 01013.

## ADVERTISER NEWS

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PICTURED WITH THE Agawam Fire Department's Avalon Rescue Boat (from left to right): Karl Schmaelzle, President, Agawam Permanent Firefighters Association; B.J. Calvi, Vice-President of Local 1973; Don Wells, Treasurer, Agawam Permanent Firefighters; and Jim Sullivan of Millennium Press.

## Agawam Fire Department Receives Avalon Rescue Boat

The Agawam Permanent Firefighters Association, along with Millennium Press, take great pride in the presentation of a new Avalon Rescue Boat to the Agawam Fire Dept., after a joint fundraising campaign last year.

The campaign was based on Millennium's annual road race, in conjunction with the ongoing efforts of the Agawam Permanent Firefighters Association, which raised over \$2,000 to purchase the new boat.

The new boat was purchased by the firefighters of the Agawam Fire Department, who just received delivery of the new boat last week.

This new rescue boat will greatly increase the capabilities of the department and its members in the shallow water areas of the river and the small ponds in town that were previously inaccessible to the department's larger boat.

## Massachusetts Saltwater Sport Fishing Guides Available

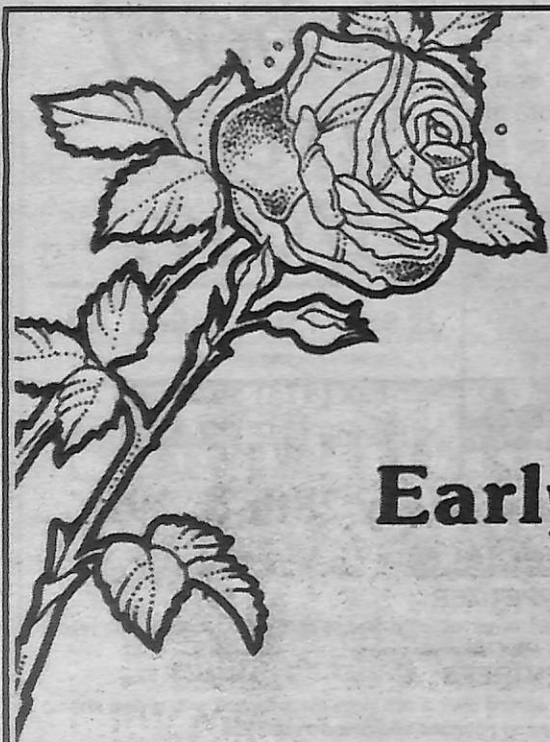
Senate Minority Whip Michael R. Knapik (R-Westfield) is pleased to announce that Department of Fisheries, Wildlife & Environmental Law Enforcement "Massachusetts Saltwater Fishing Guides" are now available.

"This booklet contains valuable information about recreational fishing in Massachusetts' productive marine waters. The resurgence of striped bass, weakfish, fluke, and other species has bolstered our recreational fisheries as well as the state's economy," said Knapik.

He continued, "More than 700,000 people enjoy fishing in Massachusetts' coastal waters, and recreational saltwater fishing is now worth about \$1 billion to the Commonwealth's economy. I am happy to see this trend continuing, and I am hopeful the citizens of my district will be able to benefit from these guides."

For more information or to receive a free guide, please contact Peter Miller at 57 North Elm Street, Westfield, MA 01085, or by phone at (413) 562-6454.

*Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030...  
ADVERTISER NEWS!!!*



# Alexander's

## Restaurant & Banquet

60 North Westfield Street, Feeding Hills

786-1127  
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Enjoy A Variety Of Dishes Selected By Our Chef  
Entrees Include Soup Or Salad, Vegetable, Rolls And Butter.

*You Still Can Enjoy Fine Italian Cuisine Made With Only The  
Finest Quality Ingredients! We Feature Delicious Veal, Chicken,  
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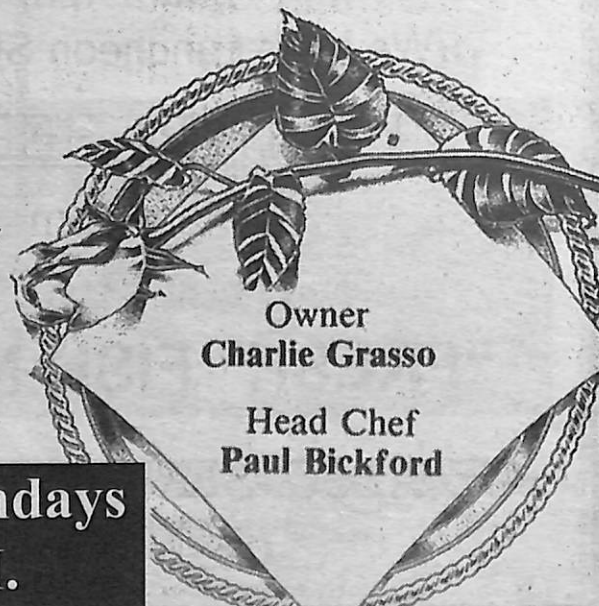
Tues.—Thurs., 4:00 - 9:00  
Fri. & Sat., 4:00 - 10:00

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For That "Special" Party You're Planning  
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Accommodates From  
50 To 200 People

**Now Open On Mondays  
4:00 - 9:00 P.M.**







## Families

# 4-H Fair To Be Held This Saturday

by Jen Niedziela  
Feature Writer

On Saturday, July 29th, the Hampden County 4-H/Youth Fair Organization will be holding its 48th annual fair on the Eastern States Exposition fairgrounds. Open to all youths of Hampden County between the ages of five and 19, as well as to all the registered members of 4-H in Hampden, Hampshire, Franklin, and Berkshire Counties, the fair features several children from Agawam.

Running from 9:00 a.m. to 5:00 p.m., the fair features a wide variety of events, competitions, and shows in which children can participate. Popular old events like the "Fun Run," "The Vegetable 500," and face-painting will make their return. New events in "badge-making" and the Pop Rockets competition are being initiated this year.

The horse show begins at 8:30 a.m. and will be held in the outdoor arena. The horse show actually begins before the start of the fair, but will still be able to be viewed by the public, so get down to the grounds early and be one of the first to see the exhibits when the fair officially opens at 9:00 a.m.

Starting things at 9:00 a.m. is the "Fun Run," where participants of different age groups race around the track on the Exposition grounds. The children are classified by age, and each age class runs a different distance. The first group of kids, aged five and under, will run one-eighth of a mile; children from six to eight will run a quarter mile; nine to 11 year-olds will run a half mile; 12 to 15 year-olds will run three-quarters of a mile; and young adults ages 16 to 19 will complete a full mile. The first 50 participants to sign up will receive a t-shirt, and the winners in each group will

receive prizes.

Also at 9:00 a.m., the door to the Mallory Complex



**MEMBERS OF THE AGAWAM 4-H CHAPTER** are pictured cleaning up the grounds around Phelps School as part of a community service project. 4-H leader Sally Loos is pictured with Zack Loos, Deanna McCool, and Chris Quigley. Advertiser News photo by Kathy Shepard.

will open, and the public will be able to view the Hall exhibits. These exhibits, which display the fine craftsmanship of Western Massachusetts youth, include

needlework, artwork, flowers, vegetables, woodworking, photography, basketry, baking, canning, and many other outstanding craft items.

There will be many exhibits that have been prepared by Agawam students on display. Eleven year-old **Tiffany Knox** will be entering the poster contest, will submit a shadow box, a painting of a pony that she has done, a jar of homemade jam, and several photographs.

Her brother, **Eric Knox**, will be entering a tin punch, a poster, vegetables he's grown, and two acrylic paintings.

**Steve Simard** has been working on a clay object, a tin punch of an angel, a wild flower arrangement, glass etchings of dragons, and will be baking cookies. His 14 year-old cousin, **Dana Allen**, will be submitting a collection of clay animals, a tin etch, a cross stitch design, a photography display, and a floral arrangement (which only names a few of her many contributions to the Hall).

The livestock show begins at 10:00 a.m. The youths that participate will be able to show off their animal husbandry skills, as well as present Western Massachusetts with a fun and entertaining look at animals. With dairy animals, steers, sheep, swine, poultry, goats, rabbits, horses, and ponies on display, the children will be able to show how capable they are with the animals.

"It's wonderful that kids can have the opportunity to develop and then to show their skills with animals,"

SEE 4-H - Page 11



## Peppo's Place

605 Silver Street  
Agawam  
789-6661

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7am-11am

Monday-Saturday

**LUNCH SERVED**

11am-4pm

(We have Luncheon SPECIALS)

**DINNER SERVED**

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**"FRESH" FISH-N-CHIPS**

-WE ALSO SERVE BEER & WINE-

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29 School St., Westfield, MA  
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Fax (413) 562-8704  
Phone (413) 562-8700

**Friday & Saturday - July 28th & 29th**

### SPECIALS:

#### APPETIZER:

**Grilled Portabella Mushroom** - Sliced portabella served on a wedge of toasted focaccia with mixed greens and roasted red peppers drizzled with aged balsamic vinegar.

#### ENTREES:

**Caesar Tenderloin** - A center cut filet grilled served over a rich demi glaze topped with grilled shrimp and a lemon Bearnaise sauce with garlicky seared potatoes and grilled asparagus.

**Caper-seared Red Snapper** - Caper-seared red snapper with Mediterranean-style Kalamata olives and sweet pepper relish served over jasmine rice and summer vegetables.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, July 27 - Classical Pianist Vadim  
Friday, July 28 - Buscemi Duo Guitarists  
Saturday, July 29 - Pianist Natalie Borowiec  
7:00 P.M. - ???

### NOW ON MONDAYS

Every Monday Night is Pasta Night

Special Pasta Dinners

**\$9.95**

This special is in addition to our regular menu.

### EVERY TUESDAY IS

Westfield Night

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### NEW!! WEDNESDAY

Steak Night

**\$16.95**

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Saturday 4:30 - 10:00 p.m. • Sunday 4:00 - 8:30 p.m.



**4-H - from Page 10**

said Karen Knox, mother of Tiffany and Eric. "My daughter has a big interest in animal husbandry, so she is able to develop those skills and make new friends."

Also, the famous "Avenue of States" will be occupied with displays of horses trotting and jumping. Tiffany Knox will be showing guinea pigs and rabbits, while her brother Eric will be showing his rabbit, "Charcoal."

The registration for the pet show begins at 10:30 a.m., as well as face-painting and badge-making. At 11:00 a.m. in the Mallary Complex, the pet show starts and the Pedal Tractor Pull commences. For three to eight year-olds, the Tractor Pull is an event brought back to the fair again this year. The pet show is open to those who wish to enter their favorite family animal to compete in several categories, which include obedience. Prizes will be awarded to the winners in both events.

Returning to the fair this year will be "The Vegetable 500" race, which will be held around the same time as a new event, the Pop Rockets competition. Beginning at 12:30 p.m., go watch the race or visit the parking lot to watch the youngsters launch rockets fueled by Alka-Seltzer. Eric Knox will be entering a rocket into the Pop Rockets competition.

Singing, dancing, and instrumentation come alive for the talent show that starts at 1:00 p.m., and it will be followed by a fashion show for the display of clothing made by the kids. The final event of the day will be the "Make It With Wool" lead line, which will showcase the sewing abilities of the participants. Dana Allen will

have a pajama set she sewed on display.

The fair will conclude with the awards ceremony at 4:00 p.m. Prizes will be awarded to the winners in the Hall exhibit categories, talent shows, the livestock categories, and all of the other events.

With generous donations from the area, as well as support and prize money donated by the Massachusetts Department of Agriculture and the 4-H/Youth Fair Organization, the fair itself is sponsored by the Hampden County/4-H fair association through the UMass extension service.

The Kewl Kritters 4-H group, comprised of kids from Agawam, Feeding Hills, and West Springfield, will be represented at the fair. The group, made up of approximately 20 kids, concentrated on rabbits, guinea pigs, and jam-making for this year's fair. Led by Karen Knox of Agawam, the members that will be presenting something at the fair this year will include Tiffany Knox, Eric Knox, Karl Psholka, and Elise Psholka.

Children from Agawam that are entering the fair of their own accord include Dana Allen, Steve Simard, Caitlin Allen, Zachary Loos, Kimberly Sullivan, Derek Turnbull, and Katie Turnbull.

The fair is open to everyone who wishes to come, and children may sign up to compete in events such as the "Fun Run" and the pet show on the day of the fair. Entrants do not have to be a member of 4-H to participate.

For more information, call Mary Phelon of 4-H Youth & Family Development at 732-2669, 562-3001, or 549-6337 (fax); or call Maryellen Sullivan, Publicity Chairperson, at 786-2623.

## 4-H Fun Day & Tag Sale At Swk. Grange

On Sunday, August 6th, from 10:00 a.m. to 3:00 p.m., bring your family and your pets to the 4H Fun Day and Tag Sale at the Southwick Grange.

## Flag Day Concert To Be Aired On Local Cable

The recent concert by the Memory Lane Chorus of the Agawam Senior Center, which featured songs about the American flag and narration of the history of the flag's development and changes over the years, will be shown on the local cable channel on Wednesday evening, August 2nd at 7:00 p.m.

## Springfield Turnverein

176 Garden Street  
Feeding Hills  
786-0924

## BINGO

(A Smoke-Free Environment)  
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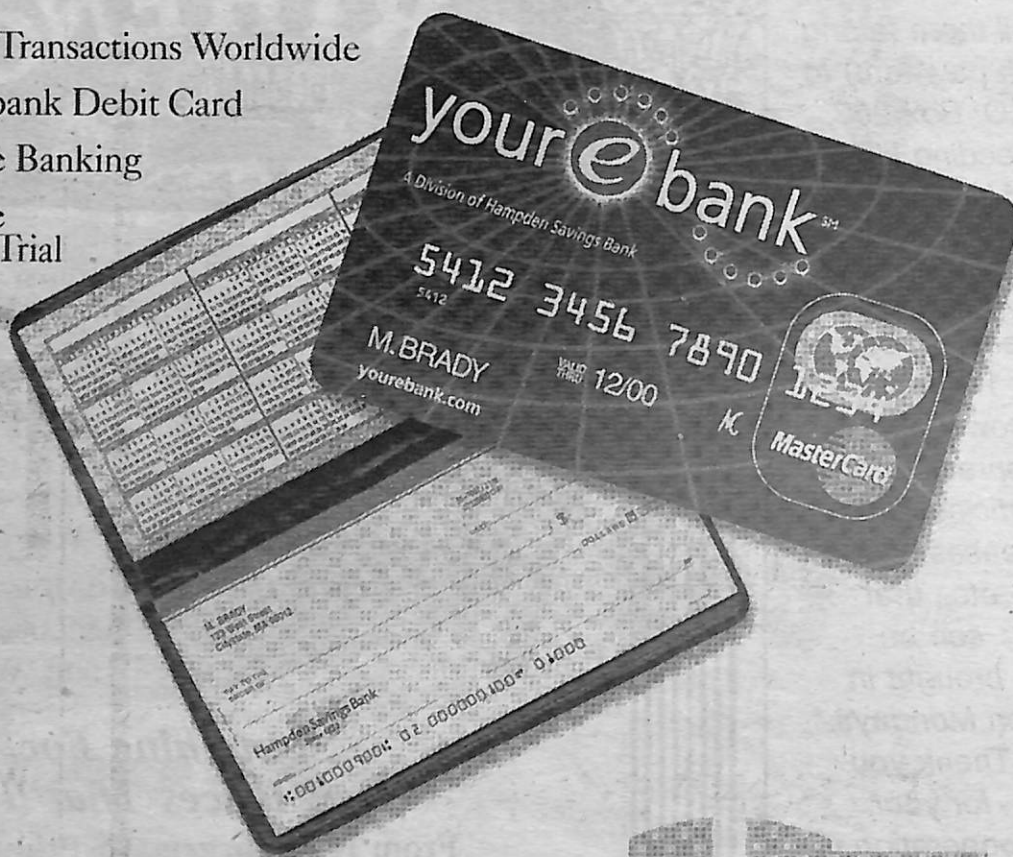
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## AHS Class Of 1950 Plans Reunion Weekend

It's the Agawam High School Class of 1950 Reunion Committee. We are getting down to the nitty gritty—your reservations!

The plans for the weekend event include:

**Friday, Oct. 6th:** 3:00 p.m., Tour of "Our High School," 100 Main St., Agawam; 4:30 p.m., Cocktail Hour with hors d'oeuvres at Alexander's Restaurant, 60 North Westfield St., Feeding Hills (Dinner and drinks on your own if you so desire.)

**Saturday, Oct. 7th:** 12:15 p.m., Cruise on the Connecticut River aboard "The Tinkerbell," leaving from Riverfront Park, Springfield (\$9 per person, payable at the time of the cruise); 6:00 p.m., 50th Reunion Social Hour, Crestview Country Club, Shoemaker Lane, Agawam; 7:00 p.m., Dinner (choice of prime rib, \$42 per person; chicken or scrod, \$40 per person).

Thank you to all who have filled out and returned your personal biography sheets. If you haven't yet, please do it **as soon as possible**.

For reservations, mail your check to Thelma Coughlin, 17 Tower Terrace, Agawam, MA 01001. Please indicate which events you will be attending (School Visit, Alexander's, Tinkerbell Cruise, Crestview) and how many in your party, in addition to your dinner choice(s).

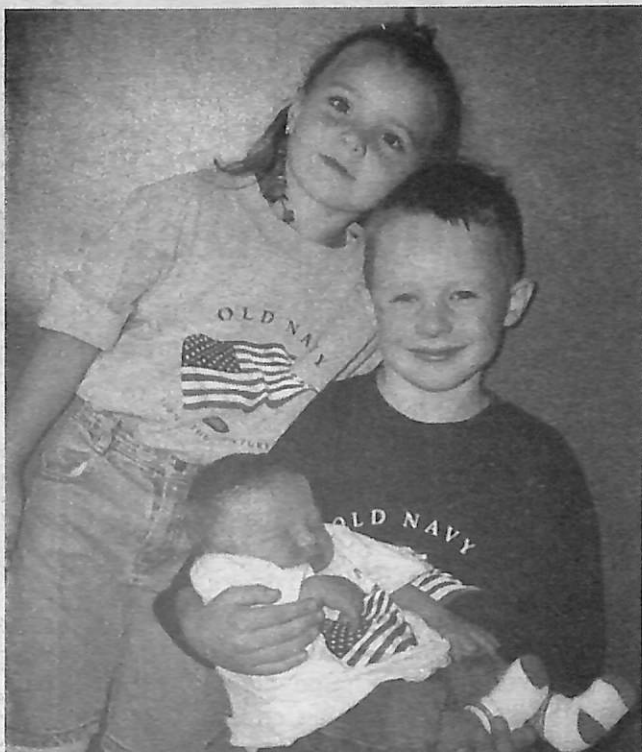
For more information, call John Mercadante at 786-4114 or e-mail at [jmarymerc@aol.com](mailto:jmarymerc@aol.com).

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JORDYN, JACOB, AND BABY JOSHUA CONWAY

## Conway Family Announces Birth Of Son, Joshua

John and Kim Conway are proud to announce the birth of their third child, Joshua Mitchell Conway. The proud big brother is six-year old Jacob Tyler and the proud big sister is four-year-old Jordyn MacKenzie Conway.

Joshua arrived June 11th at 12:54 a.m. He weighed eight pounds, 3.5 ounces and was 19 -1/2 inches long.

Maternal grandparents are James and Cynthia Ferris of Feeding Hills. Paternal grandparents are Ellen Conway and the late John J. Conway of West Springfield.

The great-grandparents are Fran and Enis Bouley of Feeding Hills and Lil Ferris of Agawam.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

\*\*\*\*\*

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

\*\*\*\*\*

## Agawam Residents Invited On Trip To Costa Rica

Leave winter behind next February and come join us for a natural history tour of some of Costa Rica's most scenic attractions. Spend a week exploring tropical nature in this fascinating Central American country, which has managed to preserve nearly 25 percent of its territory in parks and preserves. Learn about the delicate balance between human and biological communities in the tropics, and Costa Rica's efforts to protect its sea turtles and other wildlife. Explores volcanoes, beaches, and tropical forests, and help support a local sea turtle conservation project in Costa Rica by participating in this tour.

Trip leaders will be Bill Martin, a member of Agawam Congregational Church, and Tim Barrett, a former Woodstock, Vermont school superintendent. Barrett has been hosting adventure travel groups in Costa Rica for the last five years, and specializes in

group travel oriented towards education, ecology, and local culture.

Accommodations will be in standard hotels and lodges. A 30-passenger, air-conditioned bus will provide ground transportation. The trip will be limited to 22 participants. A portion of the trip proceeds will be donated to a sea turtle conservation project administered by Costa Rica's national park service (MINAE).

The all-inclusive price for this fully-escorted, eight-day program is \$1,549. The price includes round-trip airfare, hotels, ground transportation, all meals, park admissions, tours, and services of a bilingual tour leader. The tour departs Bradley International Airport on Saturday, February 24, 2001, and returns on Saturday, March 3rd.

For registration information, contact Bill Martin, 789-1063.

## August Calendar Of Events For Golden Age Club, Chapter 1

**Thursday, August 3rd:** Day trip to Platzl Brauhaus Senior Outing. A summer festival of music, dancing, eating, and much more!

**Friday, August 4th:** Board of Directors' meeting at the Senior Center, 1:00 p.m.

**Wednesday, August 9th:** Regular meeting at 1:30 p.m. Guest speaker, Donald Davis, will speak on changes in Medicare and Hospice Care at 2:30 p.m.

**Wednesday, August 16th:** A day trip to Saratoga races, to see if you can pick a winner.

**Wednesday, August 23rd:** Regular meeting, 1:30 p.m. Entertainment will be Bingo.

**Wednesday, August 30th:** A day trip to Foxwood Casino. Start saving those quarters!

## Agawam Golden Age Club's Chapter 2 August Activities

**Wednesday, August 2nd:** Regular meeting at 1:30 p.m. at Senior Center. Fundraiser raffle. Each member donates a new, unwrapped gift. Special dessert will be served by the Hospitality Committee. Bingo will be played.

**Tuesday, August 8th:** Bus trip to Mohegan Sun Casino.

**Wednesday, August 9th:** Bus trip to Delaney Banquet House. Lobster festival. Entertainment - Bobby Darling Show.

**Wednesday, August 16th:** Regular meeting at 1:30 p.m. at Senior Center. Entertainment by Kornerstone Kids & Co.

Senior citizens living in Agawam are invited to join the Agawam Golden Age Club Chapter 2. There will be no Board of Directors' meeting in August.



# PARTHENON Pizzeria Restaurant

835 Suffield St. (Rte. 75), Agawam

**It's Our New Look...**  
**We Scrubbed ... We Polished ...**  
**And Now We Sparkle And Shine!**

**Our New Parade Of International Flags Includes Yours - Be The First To Tell Louie Or Carol How Many Flags Are On Parade, And Receive A FREE Dinner, Compliments Of The Pananas Family.**  
 (Offer Good Until 8/1/00 Or Until We Have A Winner!)

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From Hamburgers To Prime Rib \* Fish 'N Chips To Lobster  
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All Major Credit Cards Accepted  
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**For Take-Out, Call 786-7941**  
 Beer And Wine Served

**Full Menu Available To Please Everyone's Taste!**





BLAIR ELIZABETH STUART

## Stuart Family Announces Birth Of Daughter, Blair

Blair Elizabeth Stuart, the third child of David & Joann Stuart of Stafford Springs, CT, was born on Friday, June 30th, at Rockville General in Vernon, CT.

The maternal grandparents are Ted & Carol Grimaldi of West Springfield. The paternal grandmother is Mary Jane Stuart of Agawam.

*For all the hometown news,  
you turn our pages each  
and every week ...  
AAN!!!*

## Happy 100th Birthday, Anna!!!

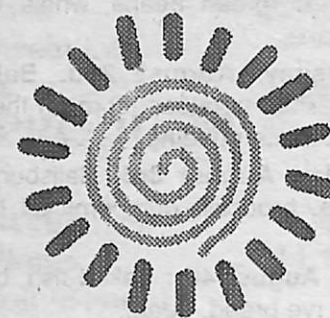


100 YEAR-OLD BIRTHDAY "GIRL" ANNA PECIA is seen holding her youngest great-great-grandchild. Anna has 11 grandchildren, 22 great-grandchildren, and there will be a great-great-great grandchild (five generations) born this month. Seen with Anna are (left to right, standing) Helen Slawski, Benny Pecia, Gina Groom, and Teddy Pecia. Advertiser News photo by Kathy Shepard.

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the telephone. Please mail them (along with payment)  
to P.O. Box 263, Feeding Hills, MA 01030.*

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Get in shape for fall sports.  
Begin a healthier lifestyle.  
Tone your muscles.  
Define your shape.  
Do something for yourself and only you.



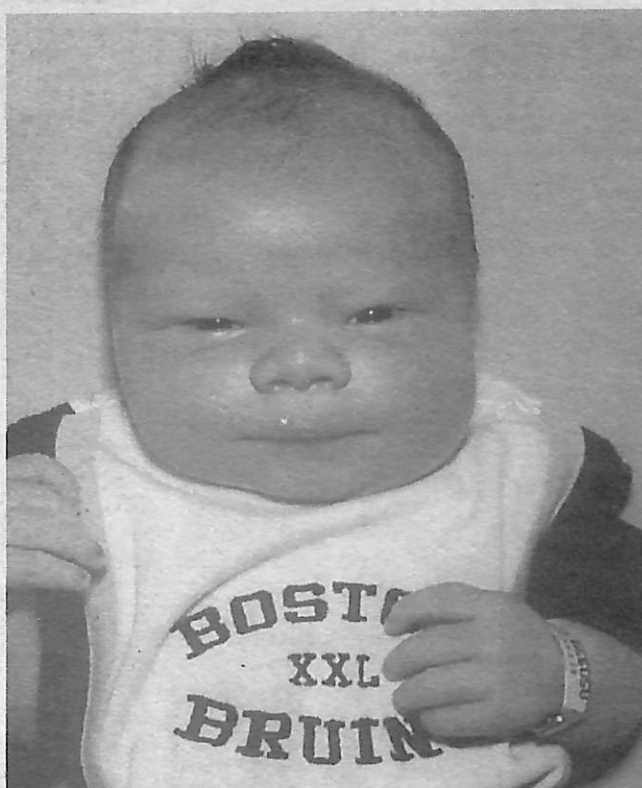
Whatever your reason,  
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413.786.1460 [www.fitnessfirstthehealthclub.com](http://www.fitnessfirstthehealthclub.com)





TYLER JAMES KEENEY

## Keeney Family Announces Birth Of Son, Tyler James

Mike and Amy Keeney of Cleveland St., Feeding Hills are happy to announce the birth of their son, Tyler James, born July 14, 2000.

He was born at Baystate Medical Center in Springfield.

Tyler weighed 10 pounds, .05 ounces and was 22 inches long.

The maternal grandparents are Ben and Bev McCullough of Agawam. The paternal grandparents are Bob and Barbara Keeney of Southwick.

## Ag. Senior Center's Weekly Lunch Menu

**Monday, July 31st:** Sweet & sour ribs, rice Pilaf, mixed veggies, rye bread, banana.

**Tuesday, August 1st:** Pork cutlet, gravy, au gratin potato, green beans, whole wheat bread, birthday cake.

**Wednesday, August 2nd:** Baked chicken breast, mashed potatoes, corn on the cob, breadsticks, chocolate pudding.

**Thursday, August 3rd:** Salisbury steak with gravy, rice, broccoli, pumpnickel bread, mixed fruit.

**Friday, August 4th:** Baked fish, baked potato, cole slaw, rye bread, pears.

(Menu subject to change without notice.)

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you.  
ADVERTISER NEWS!!!

## Agawam Sr. Citizen Embarks Upon Third Career

Warren L. Parker, 45-year resident of Agawam, has just published his first book, "In My Book," which touches on a multitude of topics. The book is dedicated to his son, Randy, who passed away December 2, 1992.

After graduating from the University of Denver with a bachelor of science degree in education, he entered Springfield College, where he earned a master of education degree in 1951.

In that same year, Parker began teaching school in the Springfield School System. He left Springfield in 1955 and went to teach in the East Longmeadow School System until 1960. In 1960, Parker decided to leave teaching and entered the business world as a sales manager for the famous "World Book Encyclopedia." He held that position for the next 28 years and retired in 1988.

Preferring not to just sit around in the twilight years, the new author has taken on a few part-time jobs to "keep him busy and out of trouble." Besides his enjoyment in writing, Parker is an avid golfer. When he retired, he told his wife, Bobbie, he was going to make-up for lost time on the golf course since he hadn't played any golf since graduating from West Springfield High School in 1940, where he played on the high school team for three years. He learned the game while, as a teenager, he caddied at the Springfield Country Club. This year, he has qualified to play for the fourth time in the National Senior Olympics to be held in Baton Rouge, Louisiana.

However, Parker doubts that he will participate in the nationals, since they are presently scheduled to be held in July 2001. In a letter recently sent to the National Senior Olympic Committee, Parker said, "It is inconceivable, totally ludicrous, and insane to select Baton Rouge, Louisiana for the Senior Olympics in the month of July."

He also stated that during World War II, he was stationed in New Orleans just prior to going overseas and he got, like other G.I.'s, an extremely painful case of



AGAWAM RESIDENT WARREN PARKER has just published his first book, "In My Book." Advertiser News photo by Kathy Shepard.

heat rash. His letter was also sent to the AARP in hopes that they would influence the committee to change the location to a more sensible location. Parker has played in the national tournaments in San Antonio, Texas, Tucson, Arizona, and Orlando, Florida, but not in the dead heat of the summer.

Much of his writing of the book took place in Hawaii, where he and Bobbie spent a month thoroughly enjoying their sixth vacation on Oahu, the Island of Paradise. Parker would move to Hawaii in a minute, but his wife of 53 years prefers living on the mainland.

Writing the book is an accomplishment the author desired since he took retirement. He claims that everyone has their own book to write, but most people aren't interested nor have the desire to put that much work into the project. He is hopeful that those who read his book will find it both interesting and enjoyable and they may also find a few intriguing points of view on different phases of life in general.

The book is 74 pages, published in Hawaii by Hockaday Publishing Co., and sells for \$7.95.

Books may be purchased by calling Parker at 786-5392.

## "Friends" To Sponsor Trip To Atlantic City This October

Join "Friend" of the Agawam Senior Center to: Tropicana Casino Resort in Atlantic City. Wednesday, Oct. 25, 2000 - Thursday, Oct. 26, 2000.

With an 3:00 a.m. departure, we are bound for the excitement of Atlantic City (with comfort and meal stops en route).

We will enjoy one night at the Tropicana Hotel, where you will receive a tower room and have plenty of time to gamble in house/hotel's casino and also see a show.

Your package will include: round-trip motorcoach

transportation, one night's accommodation at the Tropicana, a prime rib dinner, \$10 in coins, \$3 food credit, cocktails, and show. All taxes and tips (also includes driver's gratuities). Only \$115 per person (double). Departs at 8:00 a.m. from Agawam Senior Center. Returns approximately 9:30 p.m. on Oct. 26th. Open to the public.

Contact Nellie Mathias at 786-9093 for reservations. A \$25 deposit will hold your reservation. Or contact the Agawam Senior Center at 68 Meadowbrook Manor, Agawam.

*For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.*

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### Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column

**Question:** Should I change hair care products now that the summer is here?

**Answer:** Now that summer is here, your hair will require special attention to keep it looking healthy, shiny, and bouncy. For every hair type, certain things should be done to maintain a great look.

We carry the full line of Paul Mitchell products and believe that the system he has designed - **cleanse, condition, style, and finish** - will accommodate the needs of all hair types. Keep in mind that proper upkeep such as regular haircuts, a good diet, and dedication are the first steps toward the total picture of a great look.

For the next few weeks, I will break down the four steps of the system to help you decide which products are right for you. Jennifer is our certified Paul Mitchell educator and can personally formulate a hair care system just for you, at no charge. Stop in our salon and let her help you with any questions or problems you may have.

**Cleansing** is the first step in this hair care system. The main function of shampoo is to remove the natural oils from the scalp, along with any styling product you may have used. These luxury shampoos are

designed to prepare all hair textures, from fine to coarse and straight to curly, for conditioning and styling. They are highly concentrated and require only a small amount to make a great lather.

**Awapuhi** is a moisturizing, deep-cleansing shampoo designed for everyday use on medium to coarse hair textures. **Shampoo One** is best for fine, fragile, and/or chemically treated hair. **Shampoo Two** is a great body-building shampoo that is a deep surface cleanser and is perfect for oily hair or scalp. **The Wash** is a great one for all types of hair. It contains a complex of moisture-balancing conditioners and essential amino acids that protects the moisture balance and improves the texture of your hair.

The specialty line of shampoos are **Baby Don't Cry**, which is an extremely gentle shampoo designed especially for children's hair, scalp, and skin. It is also wonderful for everyday use on fine, fragile adult hair.

**Shampoo Three** is a clarifying shampoo that was designed to penetrate the hair shaft to remove residual minerals left from hard water and fatty acids left behind by medications, and is also wonderful for removing chlorine from the hair. This can be a problem for blondes who swim in pools and suffer with a green cast from the chlorine deposits. **Tea Tree Shampoo** is a unique shampoo that rids the hair and scalp of impurities and leaves a tingling, clean scalp. This is a great treat for those with itchy scalp and skin.

**Did you know:** The first modern commercial shampoos were created in the 1930's by John Breck, whose obsession with his own thinning hair led him to formulate what would become the first mass-market hair care products in the world.

**Thought for a smile:** a pretty little girl, with a pretty little curl, right in the middle of her forehead!

And remember ... *beauty is our business!*

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Whole Boneless Top Sirloins (Cut To Order)	\$2.39 Lb.
Whole Boneless New York Strips (Cut To Order)	\$4.29 Lb.
Fresh Ground Chuck	
5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Fresh Ground Round	
5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
<i>Fresh Daily... Store More 1/4 Lb.</i>	
<i>Hamburg Patties (Lean &amp; Extra-Lean)</i>	
Center Cut Pork Chops Or Roast	\$2.39 Lb.
Country-Style Pork Ribs	\$1.69 Lb.
Danish Spare Ribs (10 Lb. Box)	\$19.95
Grade "A" Chicken Breast	
Whole	.89 Lb.
Split	.99 Lb.

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Land O' Lakes American Cheese	\$3.69 Lb.
Krakus Imported Ham	\$3.99 Lb.
Russer Cooked Salami	\$2.89 Lb.
Russer Kielbasa Loaf	\$2.69 Lb.
Hormel Hard Salami	\$2.99 Lb.

Russer Honey Maple Ham	\$3.99 Lb.
Alpine Lace Swiss Cheese	\$3.99 Lb.
Fresh Seafood Salad	\$4.99 Lb.

### SEAFOOD

Frozen Swordfish Steaks	\$3.99 Lb.
Fresh Sea Scallops (Large Size)	\$7.99 Lb.

### DAIRY

Hood 1% Low-Fat Milk	\$2.19 Gal.
Hood Skim Milk	\$2.19 Gal.
Grade "A" Sweet Life Jumbo Eggs	.99 Doz.

### PRODUCE

Bananas	.39 Lb.
Large Size Nectarines	.89 Lb.
Large Size Plums	\$1.19 Lb.
Fresh Broccoli (Bunch)	\$1.19
Hot House Tomatoes	\$1.39 Lb.
New Crop Potatoes (10 Lb. Bag)	\$1.99

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## Summer 2000 Walking Group At AHS Track

The Agawam High School track will be open (weather-permitting) for walking and jogging on the following days:

**Monday:** 6:30-8:30 p.m.; **Tuesday:** 6:30-8:30 p.m.; **Wednesday:** 6:30-8:30 p.m.; **Thursday:** 6:30-8:30 p.m.; **Saturday:** 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the summer. Strollers are permitted on the track.

No one will be allowed on the infield or in the bleachers during these times.

For more information, please call the Parks & Recreation office at 821-0514.

## American Legion Post 185

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## Hedwig Selle Celebrates 100th Birthday



**HEDWIG SELLE, A RESIDENT OF HERITAGE WOODS IN AGAWAM,** recently celebrated her 100th birthday. She arrived in the United States in 1923 at the age of 23 from Hamberg, Germany with her half brother, Earnest Marsian. Seen with Miss Selle in left photo (seated, from left) are her great-grand-niece Alyson Roberge, great-niece Mona Murphy, and her sister, Frieda Holmstedt. **IN RIGHT PHOTO:** Springfield Turnverein president Kurt Walther (right) presented Miss Selle a certificate for 70 years of membership in the Turnverein and its Glee Club. Advertiser News photos by Kathy Shepard.



**THE SPRINGFIELD TURNVEREIN GLEE CLUB** sang at the 100th birthday party for Miss Hedwig Selle held recently at Heritage Woods. Guests from as far away as Bolivia, Germany, Florida, and California gathered to help her celebrate. Miss Selle has been a member of the Turnverein for 70 years. Advertiser News photo by Kathy Shepard.

## AHS's Class Of 1980 Prepares For 20th Reunion

Plans for the 20th reunion celebration for Agawam High School's class of 1980 are underway. A fall 2000 gathering is planned for 1980 graduates to get reacquainted with their fellow classmates at AHS - see some old friends and make a few new ones!

Details will follow by mail, but current address information is needed. If you graduated from Agawam High School in 1980 (or know someone who did), please contact us with current stats (names, addresses, etc.) by mail at P.O. Box 341, Agawam, MA 01001; by e-mail at [msuttondrake@ivillage.com](mailto:msuttondrake@ivillage.com); or by contacting any of the following - Lisa (Capitania) Maggi, Maria (Sutton) Drake, or Fred Withee.

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**Chef Gary Cassista's  
Specials of the Week**

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**Stuffed Sole**

**Blue Cheese Stuffed  
Filet Mignon**

**Thurs.-Prime Rib Nite** Prime Rib, Pot. & Veg., Soup or Salad, Dinner Rolls  
Carla's Cut 12oz **\$11<sup>95</sup>** • Robert's Pride 16 oz **\$14<sup>95</sup>** • Chef's Choice 24 oz. **\$17<sup>95</sup>**

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## Linda J. Melconian Charity Golf Open Set For Aug. 21st

State Senator Linda J. Melconian's Eighth Annual Charity Golf Tournament will take place Monday, Aug. 21st at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers are invited to sign-up a foursome to hit the links for a good cause. The event features a lunch at 11:00, a noon shotgun start, and a barbecue dinner at the course. Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline (ARCH) in Springfield and New Beginnings in Westfield).

Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and referrals.

Local businesses are invited to donate money or door prizes, or to participate as a tournament sponsor, or a hole/tee/green sponsor. In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100 percent of the money raised goes directly to charity. Local business owners or golfers interested in participating should call Rosemary Sandlin (413) 785-0820 or Paige Thayer at (413) 732-3121, ext. 103, for more information.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

## Enjoy The Work Of Area Artisans At "Sheepgate"

Looking for a short trip on a Saturday or Sunday afternoon? Come to SHEEPGATE, Otis Stage Road (Rt. 23), Blandford, MA, and enjoy the area artisans in the program TALENT IN THE TENT. Sheepgate is a showplace for the textile arts, with handwoven items and creations of local artisans.

Look for the PINK TENT and stop and enjoy the free programs. Items created by the artisans will be available for purchase.

TALENT IN THE TENT will present demonstrations of several of the many artisans in the area:

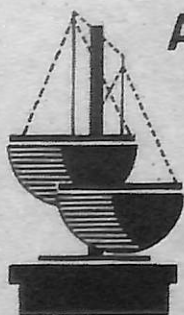
\* July 29th: Native American clothing and artifacts - Carl Monty of the Lakota tribe and Monica Alexander of the MicMac tribe.

\* July 30th: Fine artist (watercolors, pen and ink) - Marie Flahive.

The August schedule will be available the last week of July. For further information, call (413) 848-0990. SHEEPGATE is open Thursday through Sunday from 11:00 a.m. to 6:00 p.m.

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THE CATHOLIC WOMEN'S CLUB OF AGAWAM met recently to make plans for their Ross Gallery Art Auction to benefit the club's scholarship fund. Pictured above are committee members (clockwise) Jane Trevethan, Jackie Toussaint, Mary Gontczaruk, Alice Buell, Elaine Taupier, Angela Beaudry, Joan Malinowski, and Peggy Lepper. Advertiser News photo by Kathy Shepard.

## Catholic Women's Club Plans Art Auction

The Catholic Women's Club of Agawam will host a Ross Gallery Art Auction to benefit the club's scholarship fund on Saturday, October 14th at St. John's Parish Center, 233 Main St., Agawam.

Preview will be held at 6:30 p.m. with the auction

starting at 7:30. Cost is \$10 per person or \$15 per couple. Refreshments and a raffle will be available.

For ticket information, call Mary Gontczaruk at 413-786-0283.

## Vets' Council Golf Tourn., Sat., Aug. 5th

The Agawam Veterans' Council's Fourth Annual Golf Tournament is scheduled for Saturday, August 5th, at St. Anne's Country Club.

Tickets are \$65 per person and include greens fee, cart, and a buffet dinner after golfing. Registration is at 12:00 noon, with tee times beginning at 12:30 p.m. There will be numerous raffles with fantastic prizes.

To reserve your foursome, contact the Department of Veterans' Services at 786-0400, ext. 236, or stop

by the office at the Town Hall. The deadline for reservations is Tuesday, August 1st.

Proceeds from the tournament continue to support the Veterans' Memorial Honor Roll. This project culminates over six years of extensive research and will eternally honor the names of Agawam's hometown men and women who answered the call to war from the Revolution to the Persian Gulf.



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11 a.m. - 1 a.m.





THE SPRINGFIELD TURNVEREIN'S Oktoberfest Committee met recently to plan the August 19th event. Advertiser News photo by Kathy Shepard.

## Oktoberfest 2000 Coming To Springfield Turnverein In August

Come one! Come all! The Springfield Turnverein at 176 Garden Street will be sponsoring its annual Oktoberfest on Sat., August 19th, beginning at 12:00 noon, rain or shine.

The committee, chaired by Marianne Alden, is hard at work to make the day a memorable occasion. The Melhi German Band will play during the afternoon for your dancing and listening pleasure. The "After Hours" DJ will play in the evening.

Plenty of German delicacies will be available, such as German Potato Salad, Bratwurst, Knockwurst, Smoked Pork Chops, Sauerkraut, and special desserts.

Tickets may be purchased at the Club before the Fest for \$3.00 or purchased at the gate for \$4.00.

There will be activities for the children, so bring the whole family and enjoy a fun-filled day.

For more information, call the Club at 786-0924.

## - ADVERTISER NEWS -

### LEGAL NOTICE

### LEGAL NOTICE

### BID NOTICE

#### Renovations to Twenty-nine Edgewater Road Agawam, Massachusetts

Domus, Inc., an agency with offices in Westfield, Massachusetts, invites sealed bids from General Contractors for renovations to its property at 29 Edgewater Road, Agawam, Massachusetts. Twenty-nine Edgewater Road is a residential property which Domus, Inc. operated as a home for adults with special needs. Renovations to this property will include repairs, modernizations, and handicapped accessibility improvements. This project is funded by a Housing Development Support Program (HDSP) grant to the Town of Agawam under the Massachusetts Community Development Block Grant (CDBG) program. Project administration is being assisted by the Pioneer Valley Planning Commission (PVPC).

Bids will be received until 3:00 PM Tuesday, August 8, 2000 at the Pioneer Valley Planning Commission, 26 Central Street, Third Floor, West Springfield, MA 01089. All bids will be publicly opened and read aloud at that time.

Bids may be mailed or delivered, and must be received by the date and time specified above. Bids must be submitted in a sealed envelope addressed as follows: Pioneer Valley Planning Commission, 26 Central Street, Third Floor, West Springfield, MA 01089, Re: Edgewater Road, Attention: Paul Lischetti.

Bid Forms and Contract Documents will be available for pick-up at the Pioneer Valley Planning Commission, 26 Central Street, West Springfield, MA 01089, (413) 781-6045, beginning at 10:00 AM on Monday, July 24, 2000. Federal and State law prohibit discrimination. Award of this contract is subject to Affirmative Action and Equal Opportunity Guidelines. Selection of a bidder for contract award will be at the discretion of Domus, Inc. and will be subject to availability of funds under the Fiscal Year 1998 HDSP grant to the Town of Agawam.

The successful Bidder will be required to furnish a performance bond, and also a labor and material or payment bond, each in the amount of fifty percent (50%) of the Contract Sum.

A pre-bid inspection will be held at 2:00 PM, Thursday, August 3, 2000, at 29 Edgewater Road, Agawam, MA. Inquiries concerning this project may be directed to Paul Lischetti, Pioneer Valley Planning Commission, (413) 781-6045.

Published: July 27, 2000.



AGAWAM JR. WOMEN'S CLUB Fashion Show Committee members seen above include (from left) Terri Luvera, co-chair; Dee Emery-Ferrero, publicity; Mary O'Connell, chair; and committee members Sue Godfrey, Stephanie Bertagnoli, and Ann Woodard.

## Ag. Junior Women's Club Plans Fashion Show For March

The Agawam Junior Women's Club is planning a "Step Into Style" Fashion Show to be held on March 4, 2001 at Chez Josef in Agawam.

All proceeds from this event will benefit the AJWC's **Annual Scholarship Fund** for qualifying high school graduates. In previous years, the AJWC has presented \$500 scholarships to many area students and are working to increase the number of recipients in 2001.

Call Mary O'Connell at 733-7300 or Terri Luvera at 789-1581 with any questions regarding this fundraiser.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs of Massachusetts.



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## Church News

# Good Works From St. John's Parishioners

by Dave Rollins  
Sports Editor

One of the finest things in life is doing good works to help those less fortunate than yourself. So it is at St. John's Church in Agawam, where one of their many efforts involves taking part in Springfield's Loaves and Fishes Program to feed the homeless and the disadvantaged.

It is very rewarding work, according to Coordinator Pat Roberts, who has been involved since July 1, 1986.

"Before Loaves and Fishes, there was a program called Renew, which did about what Loaves and Fishes does now. But it ended," she explained. Pat and her husband, Bob, were in charge of Renew. "We wanted to continue to contribute in some way, so we talked to Sister Mary Peter, who started Loaves and Fishes. She told us there was an opening on the first Tuesday of every month where we could contribute to the program, which operates seven days a week supplying an evening meal for those less fortunate. We took it," she said.

Sister Mary Peter told them they could cook up just about any meal they thought was appropriate. "Sister told us many of the contributors served pasta dishes, which sounded pretty good. We decided on something a little different - a good, hot beans and franks dinner, with cole slaw and cupcakes for dessert," Pat said.

Her reasoning was this: "We wanted to get as many people as possible in St. John's parish involved in the preparation of the meal. Opening the big cans of beans, draining them, putting them in the big pots, getting the franks, buying the ingredients for the slaw, cutting them up in the food processors and mixing them together with a good dressing and some raisins, plus baking and bringing in the cupcakes, seemed perfect.

"Everyone has an assignment, right down to delivering the meals and serving them at Christ Church



MARY CROUSS (left) and PAT ROBERTS were busy cooking in the kitchen over at the St. John's Church Parish Center on Main Street last week. The food will help feed the homeless and hungry over in Springfield. Advertiser News photo by Dave Rollins.

Cathedral in Springfield," she added.

St. John's also has a very good kitchen where the meal (for about 100 people) is prepared at about 2:00 in the afternoon. "It all fit," Pat noted.

Pat stressed that St. John's isn't the only place in town which is involved in Loaves and Fishes. Sacred Heart Church in Feeding Hills, which has been at it for 15 years, does its part under the guidance of Mary Zubi and Janice & Dick White. Eleanor Balboni and Carole D'Amato, plus 18 others, make shepherd's pie on the first Saturday of every month. Of course, other churches and organizations throughout the area do their part as well.

Pat has a good reason for doing this work: "I've always felt we should be concerned with helping those less fortunate and not just by writing out a check. A hands-on approach, with a little bit of effort involved, can bring on a very good feeling in a subtle and satisfying sort of way." She smiled, then added, "Also, it's helping the church do God's work, and we

get to meet other parishioners we wouldn't normally meet even though we all attend Masses here, but many at different times."

Pat doesn't really care if she or the others get any feedback on what they do. "No, we don't do this for people to think we're wonderful. It's the quiet commitment of so many that is important."

Among the people who are involved is Mary Crouss. She has been in the kitchen with Pat for many years on that first Tuesday of the month. "Mary is wonderful; she's always there and is always enthusiastic," Pat said.

Others include Bernice Beck, who takes care of the servers when the meal is delivered. Pat & Roger Sherry deliver the big pots of franks and beans, the case of cole slaw, and the tins of cupcakes to the Cathedral. Alice Buell makes the calls to insure there are always enough people to carry out the monthly meal preparation and all that goes with it. There is rarely a shortage of help.

TOWN of AGAWAM SISTER CITY COMMISSION

## Six days of Reggio October 4-9, 2000

The Town of Agawam Sister City Commission is hosting a delegation from our Italian Sister City of Reggio Calabria in October. A six day itinerary has been prepared to introduce and welcome them to our town, our region, and our country.

Although the Sister City Commission is an official, permanent town commission and its members appointed by the mayor, it is not currently funded by the town. In an effort to raise funds\* to cover the expense of this October visit by our Sister City, the commission is producing a Jubilee Yearbook. This yearbook will be a keepsake of the visit, featuring profiles of Agawam and Reggio and other town information. Advertising opportunities in the yearbook are available starting from \$75. Patron listings are available for \$50. As a show of good faith, every member of the 30 person commission has committed to a Patron listing. The commission is also accepting donations of any size to help cover expenses. All donors will be listed in the yearbook.

For more information on the October visit or advertising opportunities, please contact Sister City Commission chairman Bill Euliano at 786-0441 or treasurer Sylvia Deliso at 786-1859.

\*The Italian delegation is traveling and lodging at their own expense. All funds raised will be used for transportation and activities upon their arrival in Agawam. No funds will be used by any member of the Town of Agawam Sister City Commission for travel expenses or personal use at any time.







### Reflections...

submitted by  
**Rev. Peter Monahan**  
Pastor of the New Life  
Christian Church,  
Suffield, CT  
(413) 789-1377 or  
toll free (877) 643-9801

### God Is In Our Midst...

Years ago, I heard a story about a woman who lived in Jesus' day. She was a prominent woman, what we would call a socialite today. Upon hearing of Jesus' plan to visit her hometown in upcoming days, she sent her servant to Him with a dinner invitation for a certain evening. Jesus replied that He would be more than happy to be there.

On the morning of the special day, the woman gave her servants the day off. This was too special an occasion to entrust to hired hands. Everything had to be just right, so of course the woman would have to personally attend to all the details.

Shortly after the servants gleefully departed for their unexpected day off, there was a knock at the door. It was a small child, whimpering that he was lost and asking the woman to bring him to his mommy. With sympathy, but nonetheless with a sense of urgency, the woman directed the small boy's attention to a Pharisee saying his prayers on the street-corner. She instructed the little boy to ask the Pharisee to help him find his mother. Perhaps in her heart she took some pleasure in making the Pharisee do something useful, for a change.

Not long afterward, a beggar appeared at the back window. The woman was aware that more than her own family ate from her table, and it was okay with her

that her servants were generous with her food. She was kindhearted towards the destitute, particularly if she didn't have to actually engage in personal contact with them. On this morning, however, the woman had neither the time nor the inclination to become personally involved in giving to the poor. She shooed the beggar away, with a promise that he would get extra food on the next day he came by.

At about midday, the woman was interrupted yet again. This time, it wasn't a child or a beggar, but a cat. With an exclamation of impatience, the woman booted the cat away from her door with a swift kick.

As it turned out, all the invited guests appeared at the proper time, with the notable exception of Jesus. Dinner was held up for quite some time, as the woman and her guests supposed that Jesus must have been delayed by some emergency need. He encountered on His way to the party. They were aware that that sort of thing often happened with Jesus. There was the recent episode of Jesus being delayed in getting to Jairus' daughter, they all recalled, but that all turned out well in the end. However, on this particular evening, Jesus never showed up.

Words cannot express the disappointment of the socialite, in Jesus' failure to attend her dinner party. Her feelings were terribly hurt by the slight. As well, she felt humiliated in front of her friends. On top of all that, she was furious that she had gone to such trouble personally.

A month or two later, Jesus was in the region again. This time, the socialite went to see Him personally. Being a well-groomed woman, she waited for Him to conclude His sermon, but then she approached Him. "Where were You?" she demanded. "I worked so hard to make everything ready, but You never came, as You promised You would do." The hurtful trembling in her voice and her tears demonstrated her range of

emotions.

Jesus looked at the socialite with compassion. Gently, He put His hand on her shoulder. Softly, He spoke to her. "Three times, I appeared that day; but each time, you sent Me away," He told her.

Sometimes, in the pressure-cooker we call life, we become so entangled by and in our circumstances that we can lose track of the presence of God in our midst. Somehow, we can start to think we're all on our own, when the reality is that God is near. More than that, He wants to impart His grace to us and to our situation.

We're not alone in our ability to let life and our circumstances overwhelm us. It even happened to Jesus' disciples, who had seen Him triumph over seemingly overwhelming odds.

**Immediately Jesus made His disciples get into the boat and go on ahead of Him, while He dismissed the crowd. When evening came, the boat was in the middle of the lake. Jesus saw the disciples straining at the oars, because the wind was against them. About the fourth watch of the night He went out to them, walking on the lake. He was about to pass by them, but when they saw Him walking on the lake, they thought they saw a ghost. They cried out, because they were terrified. Like the socialite, they didn't recognize Jesus.**

Just as we can be so prone to do, Jesus' closest friends allowed themselves to be overwhelmed by their circumstances. **Immediately He spoke to them and said, "Take courage! It is I. Don't be afraid!"** For Jesus' friends then, as well as for us today, just knowing the presence of God can make all the difference. **Then He climbed into the boat with them, and the wind died down. They were completely amazed.** And they continued their journey, successfully.

## St. David's To Host Vacation Bible School

St. David's Church will be hosting "2000 Ark Avenue God's Great Get-Together," a Vacation Bible School to be held August 14th through August 18th from 9:00 a.m. to 12:00 noon at St. David's, 699 Springfield Street, Feeding Hills.

Children three years-old to those entering sixth grade are invited to join together to explore and celebrate God's promises to us. Through the telling of Old

and New Testament Bible stories, learning songs, games, crafts, snacks, and prayers, children come to learn about God's faithfulness.

Cost is \$5 per child or \$12 per family. Registration forms are available at the church. For more information about this exciting event, please call the church office at (413) 786-6133, Monday through Friday, between 9:00 a.m. and 12:00 noon.

## Vendors Wanted For Sacred Heart's Tag And Craft Sale

Applications are now being accepted for the Annual Tag and Craft Sale at Sacred Heart Church in Feeding Hills on Saturday, September 9th, from 9:00 a.m. to 3:00 p.m.

It will be held in the parking lot of the church. For an application or more information, call 786-4966 or 786-3384.

"Church News" is a regular feature of The Agawam Advertiser News...

### INSTEAD OF ME

Words and Music by Walt Harrah  
Vocal Solo by Teri DeSario

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9801

ALL OF US LIKE SHEEP HAVE GONE ASTRAY  
EACH OF US HAS TURNED TO HIS OWN WAY  
BUT THE LORD HAS MADE THE SIN OF ALL TO  
FALL ON HIM  
DESPISED, HE WAS REJECTED  
TO DEATH SUBJECTED

Chorus:

INSTEAD OF ME  
HE TOOK THE BLAME, THE MISERY  
INSTEAD OF ME  
HE SUFFERED SILENT AGONY  
AND IN THAT FINAL BREATH  
HE DIED ALONE THE SINNER'S DEATH  
INSTEAD OF ME

WILLINGLY HE LAID HIS GLORY DOWN  
TRADED WEALTH TO WEAR A PIERCING CROWN  
TIL THE FATHER'S ONE DEMAND HE MET AT  
CALVARY

ALONE, STRIPPED OF HIS MAJESTY  
HE CRIED, "THOU HAS FORSAKEN ME"

(Repeat Chorus Twice)

INSTEAD OF ME

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## News & Notes From St. John's Church

**BIBLE CAMP:** Bible Camp proved to be another great experience for our young people who participated. Annette Reynolds and Carol Flood, together with their assisting crew, did a magnificent job of continuing a great tradition. May their efforts plant some powerful seeds in the minds and hearts of the children served, which hopefully will blossom in their lives as adult Catholics. Thanks to all who helped in any way.

**SUNDAY TO SUNDAY:** We will continue this program here at St. John's for all who would like to deepen their awareness of the Sunday readings ahead of time - Thursday evenings at 7:00 p.m.; Friday mornings at 9:10 a.m.

**AGAWAM CATHOLIC SINGLES CLUB:** The group will next meet on August 10th at 7:00 p.m. for games. The walking group meets every Tuesday at St. John's at 7:00 p.m. for all who might be interested. For more info, call JoAnn, 786-0774, or John, 786-2273.

## Events At F.H. Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. for the summer.

Rev. Donaldson's sermon is entitled "A Little Bible Study." The Bible reading is John 6:16-21. Courtney Donaldson will be Lector. Ushers will be Ben and Sharon Rozanski. Samantha Justilian will serve as Acolyte.

Children are invited to attend worship, which will include a Young People's Moment.

There will be no August newsletter. The deadline for the September issue of *The Informer* is August 17th.

Elaine will be working Tuesday and Friday next week (August 1st and 4th). She will be away the following week.

**ATTENTION CONFIRMATION CLASS:** Those to be Confirmed in October are reminded to get their paperwork in and make an appointment for their interview before the end of July.

**PRE-SCHOOL PROGRAM:** We are investigating a renewal of our Sunday morning Pre-School Program during the 9:30 Mass. Children ages three to first grade would be welcome to the lower church area for some simple activities while the parents have a chance to worship upstairs. We will need some volunteer personnel to staff the operation.

**PARISH PICNIC:** The Parish Picnic will be coming up on August 27th. That's just a month away! Mark your calendar and plan to be with us for a fun-filled day for the whole family. Want to help? We are still looking for "dunkees" for the dunking booth. How about some young married couples? Just call Mariann Green, 593-5764, or Joe Audette, 789-0816.

lowing week. Rev. Donaldson's calendar varies, so it is recommended that you call before going to the office when Elaine is not scheduled to be there.

On Sunday, August 13th, Debra Shepard will join us during morning worship to share her experiences working on church missions in Honduras. Rev. Donaldson is planning a similar trip there in January.

On the calendar:

**Saturday, July 29th:** 3:00-6:00 p.m., Worship Committee.

**Sunday, July 30th:** 9:30 a.m., Worship Service; 11:00 a.m., Church of Redemption.

**Tuesday, Aug. 1st:** 7:00 p.m., A. A.; 7:30 p.m., Council.

**Thursday, Aug. 3rd:** 7:00 p.m., A. A.; 7:00 p.m., Church of Redemption Bible Study.

## Announcements From First Baptist Church

We welcome Rev. Mary Magovern Zimmerman as our guest minister this Sunday, July 30th, at First Baptist Church (760 Main Street, Agawam).

Rev. Zimmerman grew up in Agawam and at First Baptist Church. She has served churches in Illinois, Washington, D.C., Oregon, and now resides in Kentucky.

The title of Rev. Zimmerman's sermon for Sunday is "Power Failure," and the scripture reading will be from Mark Chapter 6.

Special music will be provided by Marianne Tompkins.

We are always happy to have visitors worship with us. We pride ourselves on being a friendly church.

Our Parent-Child "Play Group" will continue to meet during the summer each Tuesday morning at 10:00 a.m. This church-sponsored activity is planned for parents with children under four years of age.

Anyone interested in learning more about this group may call Sandra at 786-6277.

Church office hours are 9:00 a.m. to 12:00 noon, and the office can be reached at 786-7300.

## Calendar From Ag. Congregational

This Sunday, July 30th, at the Agawam Congregational Church (745 Main Street, Agawam), our service begins at 9:30 a.m., with the Rev. Earl Eisenbach officiating.

Rev. Earl, our new Senior Minister, brings refreshing and life-changing messages as he points us towards a new life in Jesus Christ. Come join us as we celebrate a new day in Him.

The Pastor and his wife, Barbara, are members of the Order of St. Luke, an international healing and prayer ministry. They are available and will pray with individuals after the service.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

The Appraisal Fair will be held on September 7th from 3:00 to 7:00 p.m.

2001 Costa Rica Tour: Anyone interested in a guided trip to Costa Rica in the early part of the year, please call Bill Martin at 789-1063 for more information.

For more information concerning any of our events, please call the church office at 786-7111.

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## Spotlight on Business

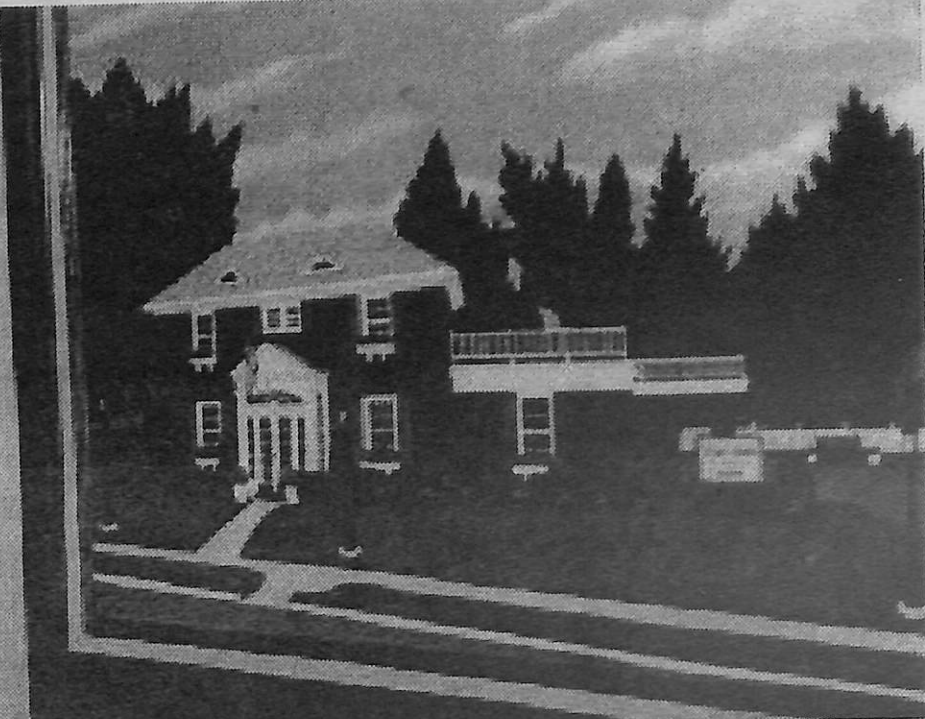
### Francis X. O'Brien Named Westfield Bank Corporator

Westfield Bank President Donald A. Williams recently announced the recent election of Francis X. O'Brien as a Corporator of Westfield Bank.

According to Mr. Williams, "We are delighted to have someone with Mr. O'Brien's talents as a Corporator. He represents the business communities of West Springfield and Wilbraham and will add a valuable perspective to our efforts."

Mr. O'Brien is associated with both Toomey-O'Brien Funeral Home in West Springfield and Wilbraham Funeral Home. He is active in his communities serving as President of the West Springfield Rotary Club. He is on the Board of Directors of the Wilbraham Chamber of Commerce and West Springfield Boys and Girls Club. In addition, he is a member of the West Springfield Elks Club and Lions Club. Professionally, Mr. O'Brien is a member of both the National and Massachusetts Funeral Directors Association.

Mr. O'Brien resides in Wilbraham with his wife,



**FRANCIS X. O'BRIEN**, a member of both the National and Massachusetts Funeral Directors Association, was recently elected as a Corporator of Westfield Bank.

Ellen, and three children, Sheila, Terry, and Francis.

Westfield Bank is a full service financial institution serving the needs of personal and business cus-

tomers in Agawam, East Longmeadow, Southwick, Springfield, Westfield, and West Springfield. With assets in excess of \$650 million, Westfield Bank is *Just Big Enough* to meet all of your banking needs.

## Keenan & Molta Offers Special Senior Discount

Local seniors are being offered an opportunity to save thousands on the sale of their home through a unique initiative from Coldwell Banker Keenan & Molta Associates. The company is providing these special services in two ways. Keenan & Molta agents are undergoing special training to become Senior Specialists.

The company is also offering a **15 percent discount** on listing fees. "These offers are a way for us to thank our loyal customers who've worked hard to build up equity in their homes and now need to make some changes," says Bob Molta, President of Coldwell Banker Keenan & Molta Associates.

This thank you comes in the form of **Preferred**

**Client Cards** sent to Western Massachusetts residents 55 years of age and older. It's an incentive for seniors who may have been hesitating to downsize to a smaller home or move to a new location to enjoy retirement.

Keenan & Molta's new initiative goes beyond saving money. The company is offering the services of **Senior Specialists**, agents who are trained to help seniors face the changes that come with moving to a new home. The company is also offering the moving and transition services of Barbara Perman's company, **Moving On**. Barbara and her trained staff will help seniors with all phases of a move, will assist in preparing homes for

resale, and in making decisions about personal belongings and doing customized packing. Seniors will get 25 percent off the initial consultation fee.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area. The firm is the principal broker for Cendant Mobility; the largest relocation company in the world. Five offices and approximately 75 sales associates provide comprehensive home selling, home buying, mortgage and relocation services to the greater Springfield area.

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### Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos  
Personal Financial Advisors  
American Express  
534-3883

## How To Jump Start Your Post-College Finances (Part II Of II)

**Pay yourself first.** After you've paid the bills and had plenty of fun is the wrong time to think about saving money. Instead, a foolproof way to pay yourself first is to save a certain amount from each paycheck. You may be able to do so through an automatic payroll deduction or an automatic investment program in a mutual fund account. (Such a plan does not guarantee a product or protect against losses in a declining market.)

**Stash as much as possible in retirement plans.** Retirement is probably the last thing on your mind as you're starting your career, but if you start saving now, you can really make your money work for you.

Starting early to save for retirement gives you several advantages over those who wait until their 30s or 40s to begin. Not only will your investments compound and do more of the work for you, but any growth is tax-deferred. (You should be aware that taxes are due upon withdrawal; any withdrawals prior to age 59-1/2 may be subject to a 10-percent IRS penalty.)

By delaying taxes on earnings in 401(k)s, even modest investments can grow to respectable sums by retirement. Add the benefits of possible employer matches to your contributions - giving you instant return on your money - and a qualified plan is hard to beat.

Outside of your employer's plan, you may also want to consider investments in traditional or Roth IRAs. Traditional IRA contributions may be federal income tax deductible if your income qualifies, plus they offer tax-deferred growth until contributions are taken after age 59-1/2. Roth IRA contributions are made with after-tax dollars, but withdrawals may be tax-free in retirement if certain conditions are met. Again, a financial advisor can be a valuable resource in helping you choose the right retirement plans and investments for your goals.

**Manage debt wisely.** Financial security often requires patience. Rather than accumulating debt to make a purchase, determine what you want to buy and estimate how much it will cost. Then take the money you'd use for the payments and save it for your delayed purchase. Delayed gratification is a discipline you'll learn to value as your finances begin to take shape.

If you find yourself paying off post-college debt, prioritize it and pay off loans with the highest interest rates first.

**Time is on your side.** The world is before you and the future looks bright. By getting started now, you can enjoy a sound financial future - and still have some fun along the way.

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### More Green In Your Pocket...

An attractive landscape can increase the value of your home by an average of 7.5 percent and reduce the time on the market by five to six weeks. *The Wall Street Journal* reported landscape investments are fully recoverable and sometimes doubled by the increased home value.

Don't overplant; some buyers think extensive plantings are more work than they can handle. Scraggly plants and bare patches of grass detract from your house, no matter how well kept it is inside.

For additional information on remodeling investments that pay, call PAM SAVIOLI at (413) 748-7565 or visit her on the Internet at <http://pam-savioli.realtor.com>.

## How About Those Red Sox?....



IT WAS A LUCKY DAY FOR LONGMEADOW RESIDENT MARY JANE HURLEY at the monthly breakfast of the Affiliated Chambers of Commerce of Greater Springfield. At the June event, her name was picked for the grand prize donated by United Cooperative Bank and Bradway Limousine of Agawam: four tickets to a Red Sox game and a limousine ride to Fenway Park for the event. Seeing the lucky group off is Salley Fuller, Community Relations Officer for United Cooperative (second from right). Heading to Fenway are (left to right) Gerry Donnelly (Resource Room Librarian, Career Point, Holyoke), David Hurley, Jr., David Hurley, Sr., Mary Jane Hurley (Employer Account Representative, Career Point, Holyoke), and Tom Stewart, driver for Bradway Limousine of Agawam.

## Six Flags NE Wins National Employer Award

The Association for Persons in Supported Employment (APSE) recently named Six Flags New England as the winner of their annual Employee Award for the Park's dedication and service to individuals with disabilities.

Six Flags New England was chosen out of 100 submissions for their outreach, recruitment, and participation in, and support of, organizations and activities that increase employment opportunities for people with disabilities.

The award was presented to Six Flags New England at the 11th Annual APSE Conference held in Las Vegas on July 21st.

"People with disabilities are a valuable asset to the Six Flags family," says Six Flags New England General Manager Tim Black. "We focus on what this group can do and not what they can't do, and match them with job opportunities to maximize their potential."

Six Flags New England strives to implement management policies that promote a culturally diverse workforce, including individuals with disabilities. The Park is a major employer in Western Massachusetts and has helped the area grow economically through the employment of local residents. Six Flags employs

SEE SIX FLAGS - Page 24

## Home Equity Loan? Car Loan?

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## Legal Memo

by  
Alan L. Ferrigno, Esq.  
546 Springfield St., F.H.  
(413) 786-9454



### PREMISES LIABILITY

#### Condominium Common Area - Stairs

In 1995, the 62 year-old plaintiff went to visit her daughter's condominium unit and entered through the rear deck. She had never previously entered her daughter's unit through the rear entrance. As she stepped from the base to the deck, she fell to the ground, landing on her left shoulder.

The stairs to the deck and the deck were "common areas" of the condominium, whose maintenance and upkeep were the responsibility of the condominium association.

The plaintiff claimed that the step area was negligently constructed and maintained. The step was approximately 12 inches high, and there was no handrail or other suitable handhold available to her.

The plaintiff alleged that the step construction was in violation of the State Building Code and State Sanitary Code. She further alleged that compliance with the codes would have required two steps and a handrail.

As a result of the fall, the plaintiff sustained a serious fracture to her left shoulder, which ultimately required two shoulder replacement surgical procedures.

The case was settled for \$180,000.00.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

*For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you*



### Polish American Club of Agawam

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### The Risks Involved With Investing

The market is always fluctuating, but you can manage the inevitable ups and downs.

\* **Know your risk tolerance!** All investments involve some risks, and some investments more than others. Your personal risk profile could range from conservative to aggressive. Know your tolerance for risk and select investments that make you feel comfortable.

\* **Know your investment goals!** Investments are tools for achieving goals. An investment professional can help you match your investments to your financial needs. It is just as important to know your time horizon; in other words, how long you plan to invest.

\* **Stay diversified!** Not every investment market reacts the same way to different economic conditions. But, by diversifying your money among different asset classes, such as stocks, bonds, and money market

### SIX FLAGS - from Page 23

a year-round designated recruiter who actively reaches out to the community, including the Massachusetts Rehabilitation Commission, Community Enterprises, New England Business Associates, Goodwill Industries, Veterans Administration Center, local schools, and senior citizen centers.

funds, gains in one asset class can offset losses in another. In other words, don't put all your investment eggs in one basket.

Financial needs and resources vary at different stages in your life, so take the time periodically to re-evaluate your assets and goals.

### NEED REAL ESTATE INFORMATION QUICKLY?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam and the Founder/Senior Associate of **THE PIONEER GROUP**, a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to his office (731-6800), his voice mail (846-0961), or his e-mail (RaymondRose@aol.com).

Listen to his pre-recorded Home Buyer's Info-Line at 846-0923. Also, contact him via e-mail to receive his **FREE** online newsletter, **THE PIONEER REPORT - Online** ... it's filled with enjoyable and informative info helping to "keep life simple." Thanks!

Formerly known as Riverside Amusement Park, the 235-acre park, spanning the banks of the Connecticut River near Springfield, has been completely transformed into a whole new world of thrills and fun. Four consecutive years of significant new capital in the form of big-time new rides, attractions, and themed sections converge this year to create a new blockbuster Six Flags caliber park.

*Our "Spotlight On Business" is just one more reason why you turn our pages each and every week ... ADVERTISER NEWS!!!*

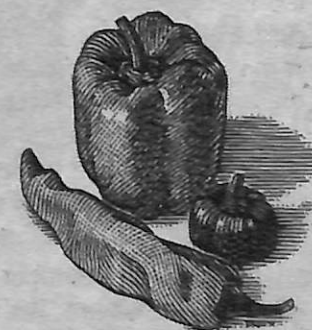
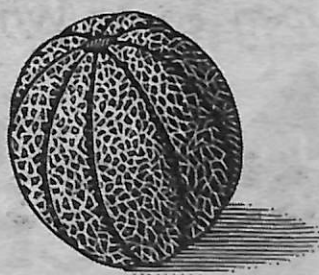
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## For Your Health



### "Let's Talk About It"

by Dan Pender  
Marriage &  
Family Therapist  
P.O. Box 449  
Agawam, MA 01001  
(413) 789-4460

#### Waiting For Life ...

Last week I talked about expectations. This week I thought I'd be reporting news to you about the birth of our fifth child. Stay tuned! Waiting for life, it's not so easy!

Waiting is so much a part of our lives that sometimes we don't stop to take notice of how much waiting we actually do. We wait for our kids to call or get home safely.

We wait on line for a much anticipated movie. We wait in the doctor's office or the emergency room to have our pain cared for. We wait for the clock to mark the time so that we can punch out so that we can go home.

We wait for change to happen in our lives hoping that it happens simply over the course of time. We wait for a tooth to come in or out. We wait for a new job opportunity to come along.

We wait for someone to visit or call us so that we are not so alone. We wait for a new CD, video or book to come in so that we can enjoy it. We wait for the 'right' person or opportunity to come along to make a difference in our lives.

Sometimes we get very anxious waiting. We often find ourselves moving away from what we are waiting for by distracting ourselves with other things. We keep ourselves busy or simply waste time waiting for the moment to arrive.

\*\*\*

Our child isn't due 'til the 27th. Despite this, our doctor recently pushed the conversation into a consideration for inducing labor.

My wife and I opted into waiting for mother nature to set the time table rather than artificially moving things along. My wife welcomed this special time of waiting to further advance her pregnancy to bond with our unborn child.

## New Diabetes Support Group At Mercy Hospital

Persons with diabetes and their families can find information, understanding, and inspiration at meetings of a new group sponsored by the Joslin Diabetes Center affiliate at Mercy Hospital.

The support group's next meeting will take place Wednesday, Aug. 2nd, 6:00-8:00 p.m. in the hospital's Deliso Conference Center, 299 Carew St. The free sessions offer an opportunity to share questions and concerns with health care professionals and others with diabetes; a variety of topics will be presented monthly.

For more information and to register, call the Joslin Diabetes Center affiliate at Mercy Hospital, (413) 748-7000.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health East facilities serve communities in eastern states from Maine to Florida.

## ADVERTISER NEWS

In the midst of waiting and preparing for life to be birthed, life can often intrude on our plans. I received a call from home that my favorite aunt died over the weekend. Plans were set for early this week to have her wake and burial. I was faced with a two-choice dilemma; do I go to New York to honor my aunt and surviving uncle, risking the possibility that I'd miss the birth of our child, or do I remain with my family waiting for life to emerge?

The choice was not simple, yet clear to me. I was sad not being with my uncle and family during this time of loss, but knew and had their support to remain here to care for my growing family. The paradox of life once again intruded on my life, death side by side with life.

Waiting to live life can sometimes be experienced like this paradox. We can be alive, yet favor even our own death or someone else's. In cases of extreme chronic pain or illness, this can even make sense. At other times, it can look like choosing a living death or even suicide rather than face or keep facing the prospect of not being able to change our life.

In my clinical practice, I see the heart wrenching struggle for change. Some try so hard, while others hardly try to make changes for the better and choose to remain in a type of living death, despite its pain. Often people report that even though they are in such deep emotional or even physical pain, that remaining the way they are is comforting, because at least they know what they have. Change can be so scary and dangerous that they'd rather stay in 'bad' relationships or situations than do the hard work of change.

\*\*\*

Waiting, death, life are our companions along the way. We can make every effort to make the most of each experience or we can let them pass us by. Or worse yet, we can let these experiences determine how we go about our living. Waiting for life to happen to us or making life happen for us, the complexity of waiting for life.

\*\*\*

Dan Pender, MA,MFT has a private practice as a Marriage & Family Therapist. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or PO Box 449, Agawam, MA 01001 or by phone at (413) 789 - 4460.



### Your Back And Your Health

by  
Dr. Joseph S.  
Schlaffer  
Schlaffer  
Chiropractic Offices  
192 Shoemaker Lane  
Agawam

#### Are Children Too Young To Be Seen By A Chiropractor?

**Question:** My 10 year-old son is very active in baseball. Recently, he collided with another player and this sent him to the ground, landing on his back and neck. X-rays were taken at a local facility, but they showed nothing. He continues to complain of neck pain and headaches. Aspirin only gives temporary relief. I was considering chiropractic. Is he too young to be seen by a chiropractor?

**Answer:** No. A child's growing spine is very susceptible to the bumps and falls he/she experiences during sports. It is in the active and developmental years of childhood that serious structural problems of the spine have their beginnings.

We see subluxations, fixations, spinal curvatures, and other structural distortions beginning from the falls and accidents that most all children experience. Before the skeletal/spinal system accommodates itself to these maladies, they can be easily and effectively corrected.

The developmental years are filled with sports and other forms of physical activity which often produce misalignment of the spinal column. The result is an impaired nerve system and poor health.

The doctor of chiropractic corrects the underlying cause, and the symptoms vanish without the need of medications.

**The SCHLAFFER CHIROPRACTIC OFFICE at 192 Shoemaker Lane (789-1369) may be contacted for examination or questions.**

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

## Drs. Joseph M. & Katherine S. Schlaffer



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Agawam





## Chiropractic Care

by Dr. Tami Nelson  
Chiropractic Physician  
Hampden County  
Chiropractic  
850 Springfield St.  
Feeding Hills  
786-4820

### Benefits Of Weight Training...

The benefits of resistance training or weight lifting include increased strength, muscle size, lean body mass, connective tissue thickness, and overall physical function.

The American College of Sports Medicine and the Surgeon General recommend a weight-training program requiring a minimum of 8-12 repetitions for each muscle trained per exercise. However, some research suggests that once initial fitness has been achieved, multiple sets may be more beneficial than single set regimens.

In the latest issue of Medicine & Science in Sports & Exercise, a recent study of recreational weight lifters examined the effects of increased training volume on muscular strength, endurance, and body composition. Subjects participated in a nine-exercise resistance training circuit and were divided into two groups for comparison.

Group 1 performed one set of 8-12 repetitions for each of the nine exercises, while Group 2 performed three sets under the same conditions. After 13 weeks of training, researchers assessed numerous fitness variables, including one-repetition maximums for leg extension, leg curl, chest press, overhead press, and biceps curl; muscular endurance, and body composition.

No significant differences were noted between the two groups after 13 weeks of training. Both groups significantly improved in terms of muscular endurance, one-repetition maximum strength, lean body mass, and overall muscular fitness and body composition.

The authors concluded that "one-set programs are still effective even after a year of training...increasing training volume over 13 weeks does not lead to significantly greater improvements in fitness for adult recreational weight lifters."

Finally, some good news to keep fit - ONCE IS ENOUGH!

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...  
ADVERTISER NEWS!!!*

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## Agawam Support Group Sponsored By The NAMI-WM

On the last Monday of each month, a support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor, from 7:00 to 9:00 p.m.

Groups sponsored by the NAMI-WM are facilitated by persons who have had years of experience with mental illness, either directly or as family members of an ill person. At most meetings, there will be people present who have varying degrees of experience and knowledge about mental illness. Others have only recently faced the problems created by mental illness.

The support group meetings are intended to supply emotional support and information. Discussions are honest and open, but no one is expected to talk about anything he or she would rather not discuss. *Everything said at these meetings is kept confidential.*

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

## Smoking Cessation Support Group Held On Monday Evenings At Mercy Hospital

A support group for persons interested in quitting smoking meets Mondays, 6:00-7:00 p.m. in the fifth floor conference room at Mercy Hospital, 271 Carew St.

Sponsored by the Providence Hospital Tobacco Control Program, the group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support. Free nicotine patches and gum may also be available for qualified participants.

For more information, call the Tobacco Control pro-

## Programs Offered At Noble Hospital In Westfield

**Alcoholics Anonymous:** Sunday evenings, 8:00 to 9:00 p.m.

The meetings take place in Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

These meetings are free of charge, and all are welcome to attend.

**National Safety Council First Aid and American Heart Association Healthcare Provider CPR:** Saturday, August 19th, 8:00 a.m. to 5:00 p.m.

This program will take at the Noble Hospital Education Department, 115 West Silver Street, Westfield.

For teachers, health care personnel, lifeguards, recreation workers, fitness instructors, and others who need First Aid and CPR certification for their jobs.

The cost is \$65. Call the Noble Hospital CPR Line to sign up at (413) 572-5172, or the Education Department with any questions at (413) 568-2811, ext. 5572.

gram, (413) 493-2039 or (413) 535-1000.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health East facilities serve communities in eastern states from Maine to Florida.

*For the best in local goods and services, be sure to check our classifieds in each edition of The AAN...*

# Waiting for life ...

Read more about this in today's FOR YOUR HEALTH column.

from

## Dan Pender

### Marriage & Family Therapist

local private practice (413) 789-4460

e-mail address: dpmft449@aol.com



## Keenan Announces Managed Care Reform Census Reached

State Representative Daniel F. Keenan is pleased to announce that the House of Representatives unanimously accepted a report from the Conference Committee on managed care reform, establishing new protections for citizens enrolled in managed care organizations.

House Bill 5333, which includes language for patient protections, safeguards for when a health care institution is purchased by a for-profit company, and a study of comprehensive health care, was engrossed by the House and the Senate.

"Our goal was to produce a bill that would strike a balance between improved health care and cost containment while not complicating the health care delivery system.

"The conference report strikes this balance by providing greater consumer access to relevant information and timely appeal provisions, while recognizing the pressures that are driving health care costs above inflation.

"This bill will allow patients greater information and rights in relation to their health plan, while allowing plans to provide health care coverage without undue interference from government," said Representative Keenan.

House Bill 5333 includes the following provisions:

- \* Office of Patient Protection within the Department of Public Health with oversight of quality of care issues, and Bureau of Managed Care within the Division of Insurance with oversight of insurance-related issues.

- \* Standards for internal grievance procedures, including expedited resolution of grievances in specific urgent circumstances, and external grievance procedure overseen by the Office of Patient Protection and available to consumers who have already

exhausted their plan's internal grievance procedure.

- \* Utilization review standards, including requirement that review activities be conducted pursuant to a written plan, under the supervision of a physician, and staffed by appropriately trained and qualified personnel.

- \* Information disclosures, including disclosures by plans to their members, Annual Health Plan Report Card developed and issued by the Division of Health Care Finance and Policy, information reported to the Division of Insurance.

- \* Access to emergency care under prudent layperson standard.

- \* Continuity of care and access to specialty care, including pediatric specialty care.

- \* Affirmation of the right of the physician to make clinical treatment determinations without interference from a managed care organization.

- \* Reasonable standards for provider compensation mechanisms to ensure that medically necessary care is not denied.

- \* Prompt payment of completed provider claims.

- \* New powers for the Attorney General to review for-profit conversions of non-profit acute-care hospitals and health maintenance organizations and for the Department of Public Health regarding licensure of acute-care hospitals.

- \* Establishment of Advisory Committee to commission an independent analysis of the feasibility of a consolidated health care system in Massachusetts.

### Mercy Hospital Hosts Cancer Support Group

Persons with cancer, their families, and friends are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

For more information, call the Pastoral Care Department, (413) 748-9453.

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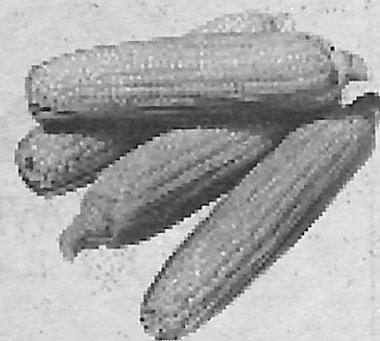


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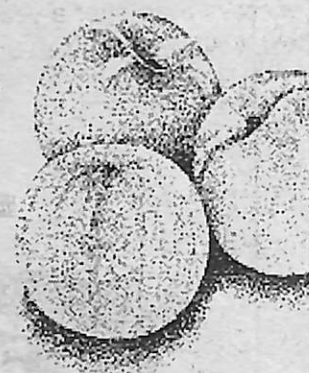


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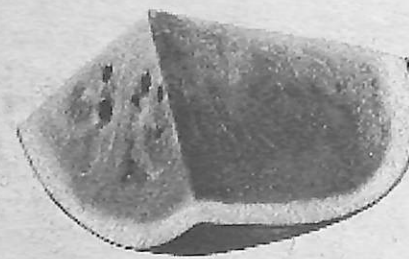
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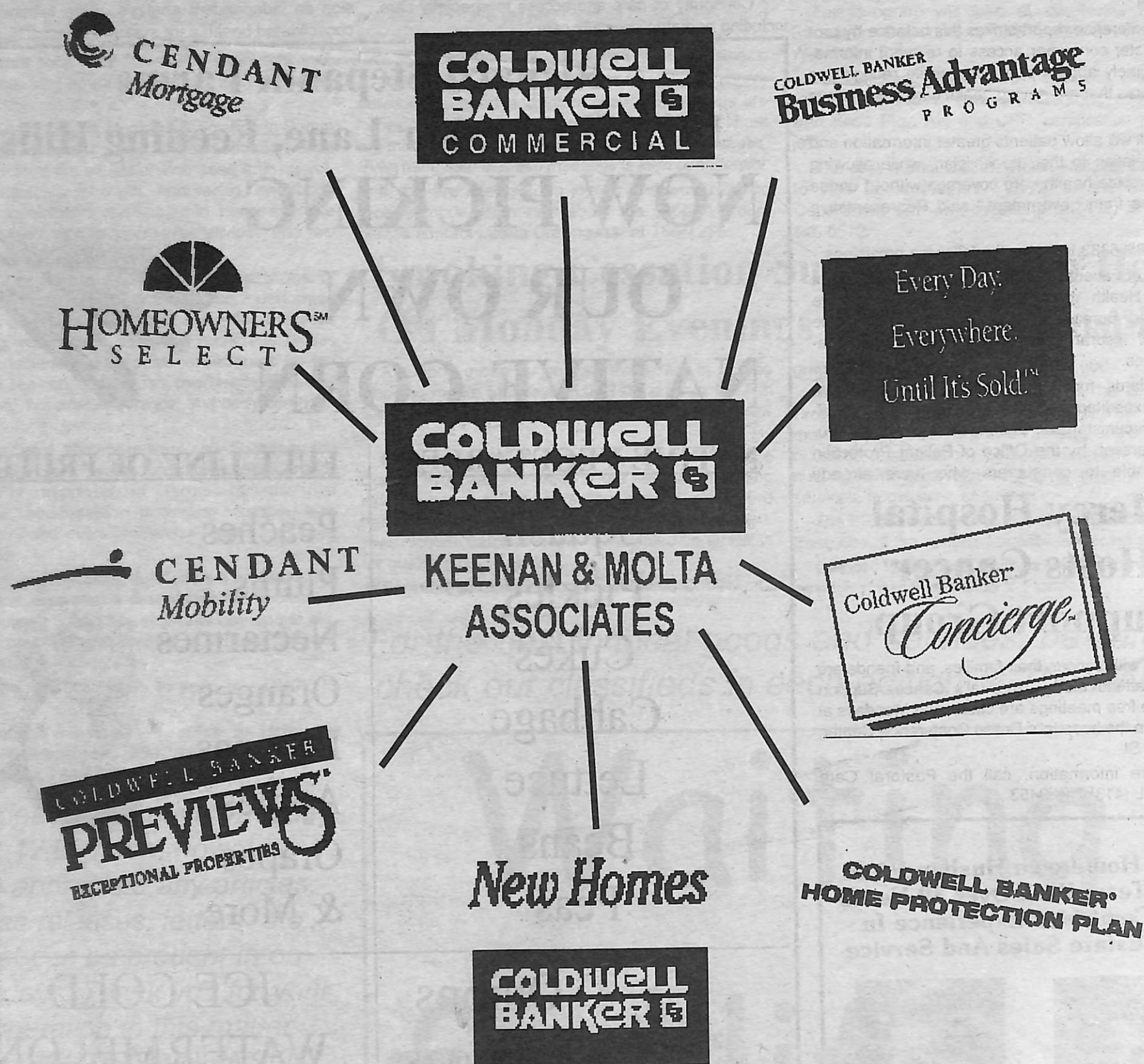


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**\*\*\*\*\***

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**Fax number is the same: 786-0193**

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## Arts

### "The Food Dude"

by John Walters  
WHYN AM 560



#### Cooking With Eggs...

Eggs - one of nature's more perfect foods. In later years, some have accused the egg of being the leader in cholesterol consumption. Others tell us that when eaten with the white, there is not a problem; others say that the fertilized egg is the way to fly. Please pardon the pun.

I remember falling down laughing when my grandmother said that those fertilized eggs were better because they had that Spam in them. Now, you know where Spam comes from (beware, I'm only kidding). Spam is from Hormel; you know what grandma was saying.

Free-range birds ... that's the ticket, right? All I know is that eggs are essential for cooking and baking.

The freshest eggs are the best. When we were younger, we got some chickens; big, beautiful, young-laying hens and one proud rooster. That rooster would start crowing at about 3:00 a.m. He was nuts, but he was beautiful. We had six hens and each one gave us

an egg a day, except one that laid every other day and always a double-yolker.

My bride (a city girl) started throwing the eggs away because they had these dark, orange yolks. I told her, "No, honey, the darker the orange yolk, the fresher." Actually, I said, "You're crazy. There's nothing wrong with those eggs."

The lighter the yolk, the older the egg. That's what shows the deterioration of the egg. So now we have all these eggs. What do you do with that many eggs? I started to sell them at work.

We made custard pies and omelets until they were coming out of our ears. "Really," Joe the barber said, adding, "Hey, man, you got eggs coming out of your ears."

For bread puddings, you need custards. For custards, you need eggs. Pancakes and French toast in the morning will help you use those eggs, too. Francaise dishes need lots of eggs, too.

For Francaise, try this: six eggs scrambled, add 1/2 C parmesan cheese, 1/4 C chopped fresh parsley, and salt and pepper lightly.

Cut six chicken breasts in half and pound thin. Coat heavily with egg mixture and into hot oil immediately. Cook 'til golden brown.

In a saute pan, add a 1/2 tsp of crushed garlic and 3 tbs of olive oil. When garlic is cooked but now brown, add 1/2 C white wine, a heavy pinch of fresh parsley, and a tbs or two of butter. Pour over the chicken after you have plated the dish and serve immediately.

ately.

Take a leftover Italian bread, cube it, pour this custard over it, and then bake in a water bath to make bread pudding.

Take 3 eggs, 2 C cream, 1/2 C sugar, and 1 tsp vanilla. In your oven, place a baking pan with water and bring it to 350 degrees. Fill your buttered baking dish with the bread. Sprinkle with some golden raisins and pour your custard over. If there is not enough custard to cover, add more cream. Bake 'til set. If you want, you can add a touch of cinnamon, too.

Regarding omelets, never add milk to omelets or scrambled eggs. A little splash of water is what you need in them. Also, try not to make the omelet too thick. Let the egg cook a bit before adding the filling and don't overdo it; more is not always better. Low, even heat will produce a better omelet.

I like chili omelets. Don't knock them 'til you try them.

(Next week: lobster.)

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Blue Seal brand kielbasa and quality tableready meat is his sponsor.)



## Crossroads Christian Fellowship To Host "Tour 2000"

Crossroads Christian Fellowship, 522 Springfield St., Feeding Hills (across from Stan's Soft Serve) will host Revival Generation's "Tour 2000" featuring "Found" and "Net Work Drama" on Friday, July 28th at 6:30 p.m.

The program is free and open to the public. For more information, check their web site - [www.ctking.org/revgen](http://www.ctking.org/revgen).

For all the hometown news, you turn  
our pages each and every week ...  
**ADVERTISER NEWS!!!**



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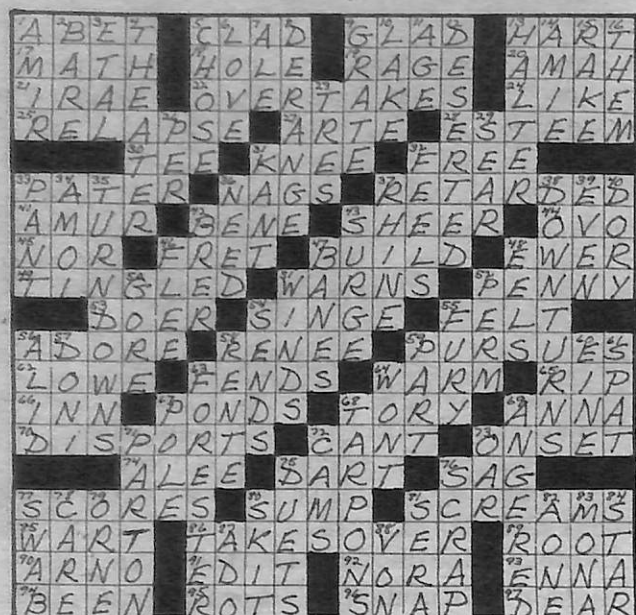
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## Last Week's Solution...



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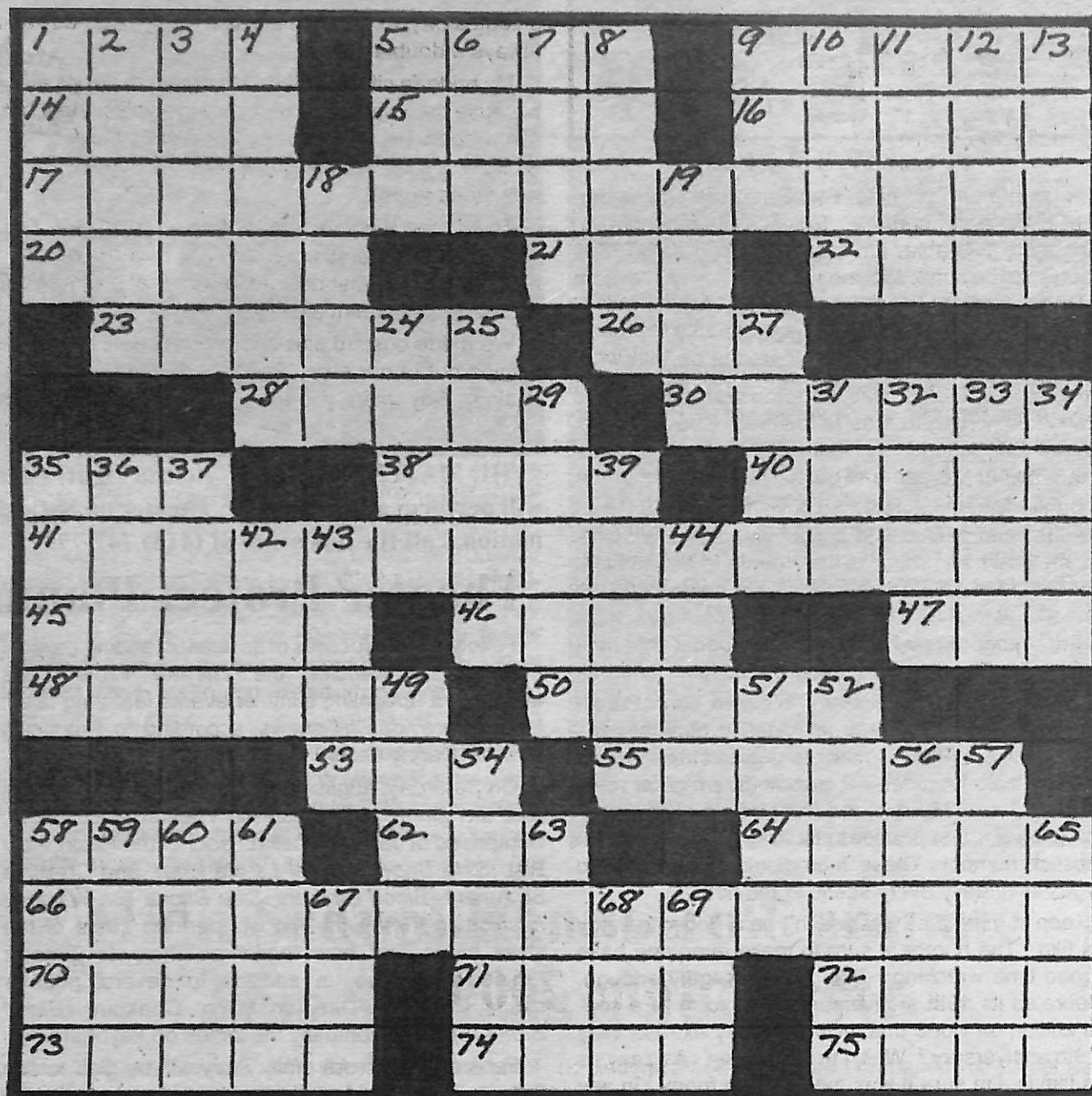
- 1 Formal Parisian dances  
5 Leeward island  
9 Thing of value  
14 Sheltered side  
15 Actor Guinness  
16 Actor Nick  
17 Does some bragging  
20 More rational  
21 Refrain syllable  
22 Was indebted  
23 Fiske Stone  
26 Pro football abbr.  
28 Cut off  
30 Plains abode (var.)  
35 Na-Na  
38 Exam type  
40 Guam port  
41 Stop taking chances  
45 Pays to play  
46 Otary  
47 Tit for  
48 Rolling group  
50 Duck  
53 Ethiopia (abbr.)  
55 Zola et al  
58 Graf (WWII raider)  
62 A water dog for short  
64 well  
66 Caught in the middle  
70 Actress Dickinson  
71 Spring bloomer  
72 Beaks  
73 Hollow rock  
74 Actor Tamiroff  
75 Spanish matrons (abbr.)

## DOWN

- 1 Nickname for Eden  
2 Muslim deity  
3 Helmsly

- 4 They keep on stitching  
5 Francisco  
6 Cafe serving  
7 Top of the line  
8 Tree dropping  
9 Cape north of Boston  
10 Arty NYC address  
11 Like the snail  
12 To be (Fr.)  
13 Care for  
18 Shield border  
19 Blow in the breeze  
24 The Bard's river  
25 Roman tyrant namesakes  
27 Daughter of Lagan  
29 Indian princess  
31 Often inflated item  
32 Role  
33 Sicilian resort town  
34 Where Sol rises  
35 Health farms  
36 Search for  
37 Choir member  
39 Part of A.W.O.L.  
42 QB Dawson  
43 Words of comprehension  
44 Grand  
49 Brittany location in WWII  
51 Radio knob  
52 Barkin and Terry  
54 Israeli city  
56 Fudd of cartoons  
57 Lion  
58 Type of rug  
59 Corn meal  
60 Therefore  
61 Bagnold  
63 Yap at (slang)  
65 Backtalk  
67 Observe  
68 Roman seven  
69 Doctrine (suffix)

## Meet The Master - by Dick Mastroianni...



THREE STREET URCHINS (left to right) - Kendall Hill of Agawam, Rachel Brueno of Suffield, and Jared Skolnick of Feeding Hills - try to escape the lawman (Rob Ventulett of Feeding Hills) in the STAGE Children's Theatre production of "Westward Bound," to be presented on August 4th, 5th, and 6th at The Red Door Theatre, 152 S. Westfield Street, Feeding Hills.

## "Westward Bound" At Red Door Theatre

The posters said, "Wanted - Homes For Children." They were posted in plenty throughout the Mid-Western states from the late 1800's to the early 1900's in an attempt to house poor, homeless, and either orphaned or unwanted children from the East.

The story of this huge migration of impoverished children from the slums of New York to the farmlands of the expanding west is a little known, but fascinating chapter in the history of our country. This story will come to life in the next production at the Red Door Theatre and is presented by STAGE's Summer Children's Theatre.

Penned by Co-Director Lyle Pearsons, this new play chronicles the events in eight orphans' lives as their company travels the rails from New York to Illinois on what has become known as "THE ORPHAN TRAINS." Over 80,000 children were "placed out" and the stories of that effort to remove them from poverty and crime to working the farms and shops of

America's heartland makes for a haunting and moving evening of theatre.

Thirty-nine young people from towns in Massachusetts and Connecticut are participating in this, the third production camp of the summer. In addition to rehearsing their roles, they take an active part in set-building, costuming, and publicity. The camp culminates in four public performances of "WESTWARD BOUND" to be presented Friday and Saturday, August 4th and 5th at 7:30 p.m. and Saturday and Sunday, August 5th and 6th at 2:00 p.m. All tickets are \$5 and all seats are reserved by calling 789-2026. The show is not recommended for very young children.

The performances are held at THE RED DOOR THEATRE, 152 S. Westfield St., Feeding Hills, MA just off the Rt. 57 extension and next to the Valley Community Church. Reserve early as most STAGE shows sell out!

## Agawam Community Artists To Be Featured At Baystate Medical

The Arts Alive Program, under the direction of Dr. J. Rosenthal at Baystate Medical Center, the Centennial Hallways (third floor) will contain the artworks of local and area artists of the Agawam Community Artists now through September 17th.

President Howard Safford was pleased to see the members' participation covering the Centennial walls which consisted of various mediums and diverse subject matters, including acrylics, oils, watercolors, still life, and collages.

The exhibit is open to the public at no charge. The Agawam Community Artists is partially funded by the Agawam Cultural Council supported by the Massachusetts Cultural Council.





### A Get Well Wish...

A good friend of mine, Ray Paro, recently underwent major heart surgery. To make his recuperation a bit more tolerable, I'm recommending some films that his sister, June, told me he would enjoy. I'm sure you will, too. Get well soon, Ray!

#### \* "Caddyshack": 1980, Rated R.

Like Ray, I'm sure many of you are avid golf aficionados. Well, this hilarious romp starring the likes of such comedy gurus as Bill Murray, Chevy Chase, Rodney Dangerfield, and Ted Knight takes an outrageous look at the game of golf.

Dangerfield stars as a land developer who wants to turn the country club into condominiums. His insulting one-liners and ruthless gags prove to be the highlight of the film. Not to be overlooked, however, is the hilarious war that Murray, as the country club's groundskeeper, has with a relentless gopher that continually tears up the golf course.

Director and comedy star in his own right, Harold Ramis, blends the perfect combination of sight gags and one-liners that almost immediately generates uncontrollable laughter. The comedic physical presence of Chase, Murray, and Dangerfield also accentuates the film and provides just the perfect amount of slapstick humor. These ingredients culminate into laughs in virtually every scene in the film!

Keep in mind that you needn't be a golfer to enjoy this film. The humor is sure to make everyone have a good time watching. This film, strangely enough, celebrated its 19th anniversary in the form of a special edition on video that includes many extras. Why a 19th anniversary? Well, I'm not certain. As zany as this film is, I'm sure it was meant to be funny. In any case, "Caddyshack" still stands out as a comedy classic that always lands on the green! **4 STARS.**

#### \* "Caddyshack II": 1988, Rated PG.

Well, you all know the story with sequels; they either prove to be very good or very bad. Of course, "Caddyshack II" proves to be the exception because this film is caught somewhere in the middle.

This time around, Jackie Mason stars as a self-made millionaire who seeks revenge against the Bushwood Country Club because they reject him as a member. He then vows to buy the country club as a result and turn it into an amusement park.

Although Chevy Chase and others reprise their roles from "Caddyshack," there still seems to be something missing. I suspect that the absence of Harold Ramis as director may be it. As I've mentioned in the past, comedy is a film genre that does not necessarily require masterpiece, quality filmmaking; the most important thing is to deliver laughs. "Caddyshack II" does this successfully to some degree.

The physical humor of the first film, however, is sadly replaced solely with slapstick humor here. This causes a major disruption in the flow of the film. There no longer is the multifaceted form of comedy that made the original "Caddyshack" so successful. This is the primary reason why "Caddyshack II" is only average.

This is one of those cases where this film is fun to watch after you've watched the first installment. Whereas "Caddyshack" could be considered a hole-in-one, "Caddyshack II" is just a par! **2 STARS.**

#### \* "Groundhog Day": 1993, Rated PG.

Imagine waking up one day and realizing that it's yesterday again! This is the surprisingly ingenious concept behind "Groundhog Day." A free-spirited television weatherman (Bill Murray) travels to Puxsuttawney, PA, to cover the Groundhog Day festivities and then finds himself snowed in. He then discovers that he is forced to relive the same Groundhog Day (February 2nd) repeatedly. I'm sure that Ray would enjoy being in this position because February 2nd is his birthday!

This film, coincidentally, marks a reunion between "Caddyshack" cohorts Harold Ramis (as director) and Bill Murray. Andie MacDowell also stars as the

SEE PISANO - Page 33



"THE MAJESTIC DIVAS" (left to right) - Jamie Liddell, Christine St. Amant, and Amy Rist - will perform at the Majestic Theater on Saturday, August 12th, at 8:00 p.m. For tickets or information, call the box office at (413) 747-7797.

## Theater Project Planning "Majestic" Line-Up

Following the success of its season-ending musical *Man of La Mancha*, the Theater Project has announced upcoming summer events featuring talent from its previous hit shows, according to Producing Director Danny Eaton.

On Saturday, August 12th, "The Majestic Divas" will take the stage at the Majestic Theater at 8:00 p.m. Comprised of Jamie Liddell (*Leader of the Pack*), Amy Rist (*Side Show*, *Man of La Mancha*), and Christine St. Amant (*Blood Brothers*, *Side Show*, *The Winds of Fashioning Time*), the trio will perform some of the show tunes that have endeared them to Theater Project audiences, in addition to several popular songs. Musical Director Mitch Chakour (*Blood Brothers*) will accompany the ladies on keyboard.

Fans of *The Buddy Holly Story* will be glad to see the return of The Majestics on Saturday, August 19th to the theater that launched them in 1997. Singer/guitarist Ben Ashley, who played the title role in *Buddy*, will be joined by fellow bandmates Stacy Ashley (who played Vi Petty), guitarist Aaron Porchelli (*The Big Bopper*), drummer Tim Hosmer (Jerry Allison), bassist Don Rovero, and keyboardist Tom Ingram. The show will begin at 8:00 p.m.

Cultivating and showcasing local talent has been the primary mission of the Theater Project. When the group re-opened the Majestic Theater three years ago, a permanent performance site was established for many local singers, actors, and crew members. The resounding success of the Theater Project's first show at the Majestic, *The Buddy Holly Story*, led to a return engagement the following year, and the creation of the Majestics, who perform regularly in the area.

Tickets for both shows will be \$8-\$10 and can be purchased by calling the box office at the Majestic Theater at (413) 747-7797 or visiting the theater at 131 Elm Street in West Springfield. Box office hours are Tuesday, Thursday, and Friday, 2:00-5:00 p.m.; Wednesday, 4:00-8:00 p.m.; and Saturday, 10:00 a.m.-1:00 p.m. Beer and wine will be on sale during the performances.

In addition to the concerts, the Majestic Theater will also present a performance by Second to Mecca, a Monson-based pop band, at 8:00 p.m. on July 29th, as well as two evenings of sketch comedy by Disturbed Theater at 8:00 p.m. on August 4th and 5th.

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## Education

# Students Complete D.A.R.E. Program

by Kathy Shepard  
Feature Editor

Before school ended, Agawam Middle School students graduated from the D.A.R.E. Program in ceremonies held in the school's auditorium.

As the students waited to receive their D.A.R.E. tee-shirts and pins, State Representative Dan Keenan asked them what they were going to do this summer and heard about some interesting vacation destinations. Keenan asked, "Why do you think the officers, the Mayor, myself, and school officials are here? It's because we care about you and want to keep you free of drugs."

Mayor Richard A. Cohen spoke after Keenan, reminding the graduates that people care about them. He asked the audience to give a round of applause for "your mothers, your fathers, your teachers, your D.A.R.E. officer. Where would you be without them?"

The Mayor continued, "How proud they are, as I am, of every single one of you. You are growing up to be wonderful citizens, and we hope you will teach your children to follow in your footsteps."

Superintendent of Schools Dr. Frank Ameruso encouraged the graduates to use what they learned because it would lead to a much happier, brighter future. Principal Ralph Zavarella recommended that the students use what they learned for the rest of their lives. "Some of us took years to learn these things, and some got sick and even died."

Police Chief Robert Campbell urged the grads to look at the enthusiasm "you have through the

SEE D.A.R.E. - Page 35



ATTENDING D.A.R.E GRADUATION ceremonies held at Agawam Middle School (top photo): in back - State Representative Dan Keenan, D.A.R.E. Officer Karen Langevin, Agawam Middle School Principal Ralph Zavarella, Mayor Richard A. Cohen, and AHS Peer Leaders Steven Peabody, Amanda Rozanski, and Jessica Circosta-Aspinall; in front - Sergeant Mark Cote and "Bronco." IN PHOTO BELOW: Students from Room 202 sing the D.A.R.E. song. Advertiser News photos by Kathy Shepard.



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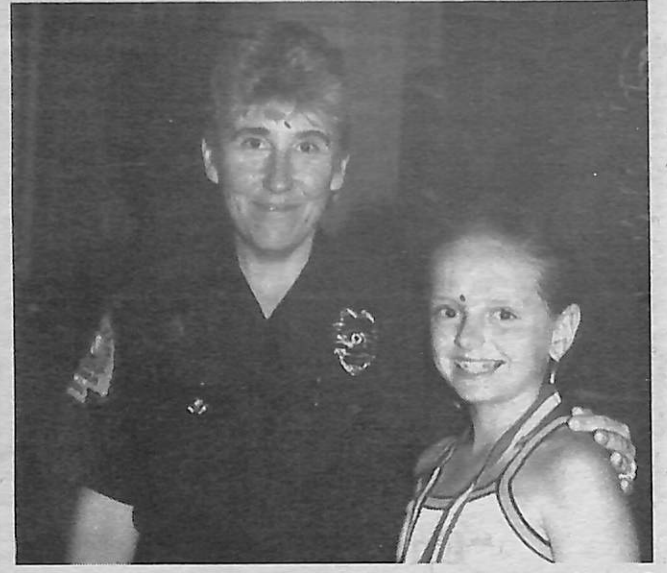
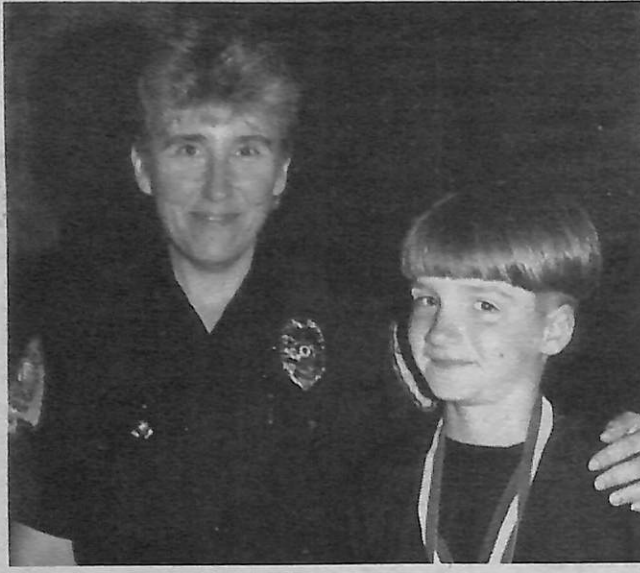
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Women and minorities encouraged to apply.





**AT D.A.R.E. GRADUATION CEREMONIES** held at Agawam Middle School: Julie Ouimet (left photo) began the program with the singing of the National Anthem. Essay contest winners Thomas Albano (center photo) and Rachel Dionne (right photo) are seen with D.A.R.E. Officer Karen Langevin. Advertiser News photos by Kathy Shepard.

#### D.A.R.E. - from Page 34

D.A.R.E. Program. You have been given tools to keep your commitment."

Michael Mather, executive director for the Massachusetts Governor's Alliance Against Drugs, said that when he was a police officer, he realized that many kids he arrested were "great kids making bad choices."

"This program has a commitment, but even with all of the people here today, parents have to get involved."

When they do, drug use goes down," Mather said.

Karen Langevin, Agawam's D.A.R.E. Officer, added, "You've learned ways to resist drugs and violence. Peer pressure is the strongest factor, but you are not alone."

She suggested replacing negative traits and behaviors with positive ones. For example, giving compliments instead of insults and striving for honesty, respect, and loving attitudes.

Room 202 got on stage and sang "The D.A.R.E.

Song" with gusto. With lyrics by Michael Wagman and music by John Andrew Tartaglia, the song has spirit and foot-tapping style.

Names of the graduates were called by Assistant Principal Louis Conte. There was a tee-shirt and pin for each and a round of applause after the last name was called. D.A.R.E. (Drug Awareness Resistance Education) has been in effect for many years in town. Studies have shown that it is effective in helping kids learn habits which keep them free from drugs.

## Jennifer Seybold Graduates From Mt. Holyoke College

On Sunday, May 21st, Jennifer Diane Seybold, a resident of Agawam, received her bachelor of arts degree from Mount Holyoke College, one of the nation's leading liberal arts institutions. She was one of 478 seniors who graduated during the College's 163rd commencement exercises at which Mary Patterson McPherson, former president of Bryn Mawr College and vice president of the Andrew W. Mellon Foundation, was the featured speaker.

While at Mount Holyoke, Jennifer majored in biological sciences. She also completed a minor in chemistry. Having worked as a veterinary technician during her undergraduate years, Jennifer plans to pursue a career in veterinary medicine.

Before enrolling in Mount Holyoke College, Jennifer attended Agawam High School. She is the daughter of Kevin and Mary Barker of Agawam.

## Local Residents Named To Suffolk Dean's List

Amber L. Conte and Leila A. Mounemneh of Feeding Hills have been named to the Dean's List at Suffolk University's College of Arts and Sciences in Boston for the spring semester of the 1999-2000 academic year.

In order to qualify for the Dean's Honor List, a student must earn a grade point average of between 3.30 and 3.69 for that semester.

Suffolk University is a private institution located on Boston's historic Beacon Hill, providing a quality education at an affordable cost for students of all ages and backgrounds. Suffolk has a combined enrollment of 6,400 full- and part-time students.

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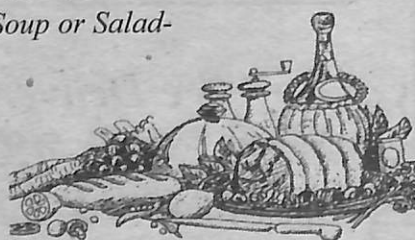
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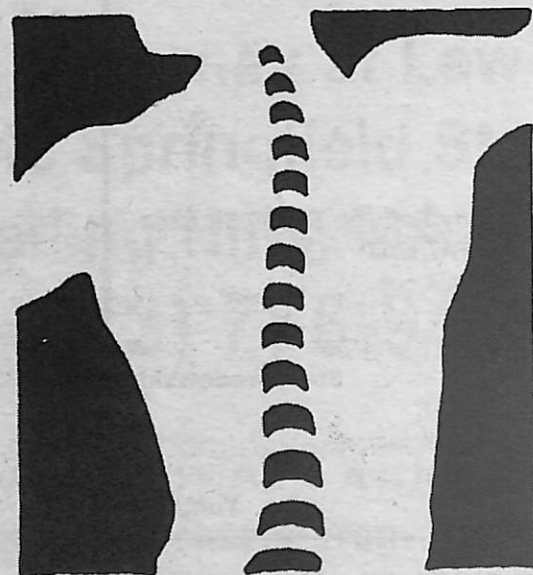
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## "End Of The Year" Poetry

From The Students Of Mr. Montesi  
Room 10, Grade 4 - Granger School

### THE CHILD

Through my heart,  
Through my eyes,  
Through the stars,  
Through the skies,  
There lives a child, lonely and scared  
Can this child be repaired?  
If so, if yes, please tell me how,  
and I will fix this child now.

Kristen Cardaropoli

### LOVE

Love is liking.  
Love is hiking.  
Love is biking.  
Love is triking.

Kristen Cardaropoli

### MOM

Mom, Mom, I love you so.  
Mom, Mom, I can't let you go.  
Mom, Mom, I love you much.  
Mom, Mom, I feel your touch.

Kristen Cardaropoli

### BROTHERS AND SISTERS

Brothers and sisters  
Sometimes aren't nice to each other,  
but all a boy needs is a sister  
and all a girl needs is a brother.

Kristen Cardaropoli

### THE FROG

There once was a frog.  
He sat on a log.  
And then he decided to  
go to the bog.

Danielle Gamache

### ME, COREY PEABODY

This is poetry from me, Corey Peabody!  
Some people make fun of me,  
but I can't see why they make fun of me.

Corey Peabody

### NICOLE

Nice  
Important  
Cute  
Outstanding  
Loving  
Elegant

Jeremy Lathrop & Steven Cruz

### THAT FAT CAT

The black cat,  
who was fat,  
wore the ghost's gray hat.

Stacy Sadowski

### TALES

"Tis time to tell tales to  
tellers," said Tony.

Yuriy B.

## Sign Language Camp To Be Held Aug. 7-11

A "Sign Language For Beginners" Camp will be held from 9:30 a.m.-12:30 p.m., August 7th-11th, 127 James St., Feeding Hills. Lessons will be taught by Susan Michalak (references available) at a cost of \$44 per student (materials included).

Call 789-1149 to register by August 1st.

### SLIM SHADY

Slim  
Laughable  
Innocent  
Mainly  
Super  
Happy  
Awesome  
Decent  
Yacker

### MONTESI

Marvelous  
Outstanding  
Nice  
Teacher  
Education  
Smart  
Interesting

### CLOUDS

A cloud is white and fluffy  
maybe in the shape of a puppy.

Anthony Stark

Joey King

Phillip Boglisch

### THE DOG AND THE FROG

There once was a dog  
who was walking in the fog  
who sat on a log.

Kaitlin Neilsen

### A GIRL NAMED HEATHER

There was a girl named Heather.  
She was light as a feather.  
She wore a jacket made of leather.

Amber Page

### A BOOK

A book is adventuresome.  
Don't sit around and be a bum  
while you could be reading a book.  
So take a book and have a look.

Allison O'Brien

### SMOKING

Smells  
Makes you look bad  
Out of good air  
Killing  
Illness of heart disease  
No point  
Going to die

Allison O'Brien

### PATTY

Patty Platapus puts pins  
in Polly Packet's pearly pocket.

Katherine McGeoghan

## Kara McDade Selected As Outstanding Campus Leader

Kara Beth McDade of Feeding Hills, daughter of Edward and Brenda McDade, has been selected by Keene State College as one of the country's most outstanding campus leaders by *Who's Who Among Students In American Universities and Colleges*.

A campus nomination committee and editors of this publication have included the name of Kara Beth McDade in the 2000 edition of *Who's Who Among Students In American Universities and Colleges*, an annual directory of outstanding students first published in 1934. This honor is awarded to students who display outstanding achievements, not only in scholarly endeavors, but also participate and exercise leadership in extracurricular activities.

Over the past 66 years, the Who's Who program has honored and rewarded the individual scholastic excellence of outstanding campus leaders. This prestigious award is one of the greatest honors annually conferred by the American academic community.

Kara Beth McDade joins an elite group of students selected from institutions of higher learning throughout the United States.

## Jennifer Thibodeau Named To Dean's List At Syracuse U.

Jennifer Thibodeau of 56 Overlook Drive, Feeding Hills, a student in Syracuse University's School of Education, was named to the Dean's List for the 2000 spring semester. To qualify for the Dean's List, students must achieve at least a 3.2 grade point average (on a 4.0 scale) during the semester.

Thibodeau is a sophomore majoring in inclusive elementary and special education.

The School of Education at Syracuse University prepares students to become professional educators by effectively blending research, teaching, and service into the curriculum. Students benefit from a wide range of opportunities to perfect their professional skills in on-campus clinics and off-campus student teaching assignments.

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## Honored Students At Agawam Jr. High



IN LEFT PHOTO: Agawam Junior High School Physical Education Students of the Month are (from left) seventh-graders Zach Laponese and Jennifer Sacco. IN RIGHT PHOTO: Angela Stork, eighth-grade Physical Education Student of the Month. Advertiser News photos by Joan Lussier.



IN LEFT PHOTO: Ryan Parker was recently named Art Student of the Month at Agawam Junior High School. IN RIGHT PHOTO: Kevin Pender was the recipient of a \$50 Savings Bond. Advertiser News photos by Joan Lussier.



RACHEL E. TADDIA

## Rachel E. Taddia Valedictorian At Briarcrest Christian HS

Rachel Elizabeth Taddia, daughter of Don & Cheryl Taddia of Memphis, Tennessee, graduated as valedictorian of the class of 2000 from Briarcrest Christian High School in May.

She is the granddaughter of Donald & Rita Taddia of Agawam.

Rachel received the Joseph Clayton Award for academic excellence. She was the student-athlete of her class, participating in track and swimming.

Rachel will resume her studies in September at Furman University in Greenville, South Carolina, majoring in biology.

## AIC To Hold Camp For Girls' Basketball

American International College will be hosting a day camp for girls' basketball players on July 31st through August 4th from 9:00 a.m.-4:00 p.m.

The camp will be for girls entering grades five through 12 and will specialize in improving one's shooting skills.

The camp will be held in AIC's Butova Gymnasium. In order to register, please call Head Women's Basketball Coach Peter Cinella at (413) 747-2093.

## Westfield Head Start Now Taking Applications

Westfield Area Head Start is now recruiting children to participate in the program for the 2000-2001 school year. Head Start is a family-oriented preschool for low-income and working families and offers four-hour school-year classrooms as well as full-day/full-year childcare.

Westfield Area Head Start currently operates centers in Westfield (562-0586), West Springfield (746-3847), Agawam (789-1784), Southwick (569-1275), and Blandford (848-1444).

Call the center nearest you for application information.

## Happy Birthday Dick Pisano

*From All Your Golfing Buddies*



*That's Dick (right) with the James Dean look, and his pal, Carlo Imelio*

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## Sports

# Summertime Tennis Lessons Being Taught On Newly Renovated Courts At AHS

by Dave Rollins  
Sports Editor

It's summertime and the living is easy. It's also a time when things slow down a bit and you might have time to learn something - tennis for instance. That what's going on up at the newly resurfaced and renovated courts at Agawam High School.

The lessons, under the auspices of the Agawam Parks & Recreation Dept., have been going on since June 26th. There are four sessions. Session number three is now underway. It will run from July 24th to August 4th. Session four will start August 7th and run to August 18th. The lessons are held from 8 a.m.-11 a.m. Mondays through Fridays, with Friday as a rain date. The third and fourth sessions are just about booked up. But according to Fred LaPlace, the head instructor, there may be an open spot or two. The cost is \$25.

Age groups include adults (16 & older), four to

seven years old, eight to 11 years old, and 12-15 years old. The four to seven age group has tennis rackets provided for them.

LaPlace, a 32-year resident of Agawam, has quite a resume to qualify him as a teacher of the game. He's retired from the Air Force and has been teaching the game for 25 years, starting in Forest Park as president of the Springfield Tennis Club, where he ran the teaching program for 10 years. He also coached and taught in Longmeadow.

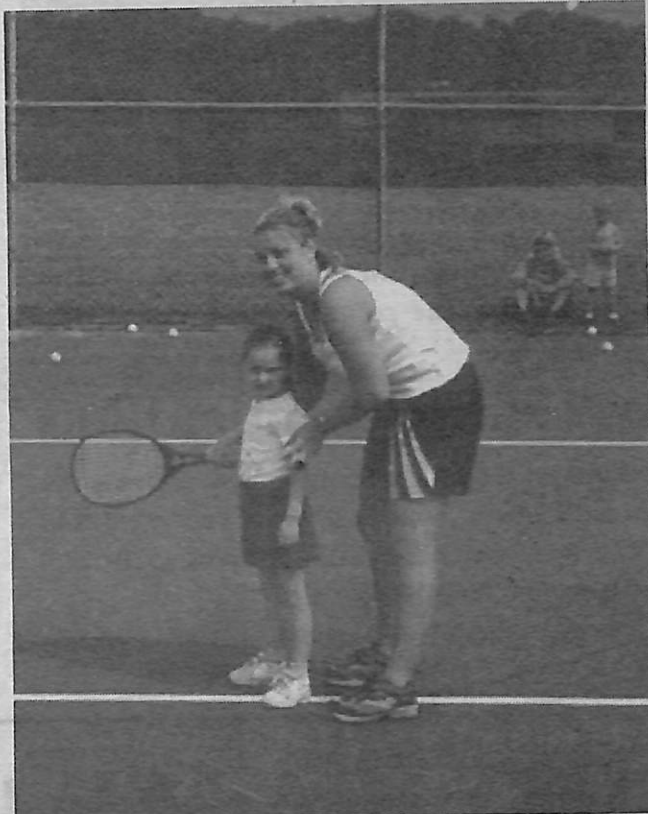
LaPlace is very optimistic about Agawam's future outlook on tennis, which has not been one of the cornerstones of the overall athletic program. "Chris Sparks, parks director, along with the Mayor, have decided to build a tennis program in this town. The response we've gotten to our summer long clinic shows us the interest is certainly here. The kids at all

levels just need the guidance. So, they brought in an old pro to do it," he laughed.

LaPlace stressed that he is teaching everyone the basics of tennis, forehand, backhand serve, etiquette and so on. He drills them. "If they come off the court after one of my sessions and they are not sweating, then I haven't done my job," he said. And he expects improvement.

"It's a two-week session. After the first week they should know what comes after the forehand and the backhand. They build on that during the second week. After they're done here, they have to realize practice is required to keep getting better. And with practice and the solid foundation we give them, it will come."

One of LaPlace's assistant instructors is Kaitlin White, who is the former captain of last year's girls' tennis team at AHS.



IN LEFT PHOTO: Long-time tennis instructor Fred LaPlace of Agawam is in charge of the summer tennis program at the AHS tennis courts, sponsored by the Agawam Parks and Recreation Department. IN CENTER PHOTO: Kaitlin White, a class of 2000 graduate of AHS and one of LaPlace's assistant instructors, gives little Lauren Booth a few pointers on hitting a forehand. IN RIGHT PHOTO: Amy Lownds of Feeding Hills was among the children receiving tennis instruction at the AHS courts this summer. Advertiser News photos by Dave Rollins.



DAN MURPHY (left) and TOM BARKER were learning about the game of tennis at the Agawam High School tennis courts earlier this week. Advertiser News photo by Dave Rollins.

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# Agawam's All-Western Mass. Team Members

by Dave Rollins  
Sports Editor

Even though Agawam didn't have any championship teams in the spring sports season, they did have a group of kids who were excellent enough to make All-Western Mass. in their respective athletic endeavors.

Baseball saw pitcher **Brian St. Jean** make it. He was 5-1 and turned in an excellent 0.53 ERA. Along the way he dusted 82, gave up 17 walks, and only 19 hits in 52 2/3 innings. He had a no-hitter against West Springfield. His winning percentage of .833 was among the best in Western Mass. Opposing teams hit .110 against him (176/19).

St. Jean's strongest suit was getting hitters off-stride with a fastball in the low 90's mixed with a curve that dropped off the table. Of his 82 strikeouts, 24 of them saw the batter get caught looking. St. Jean was also dangerous at the dish. He hit .391 with three homeruns and 18 RBI's. His slugging percentage was .672. St. Jean is on his way to the University of Tennessee.

**Aaron Gilbert** also made the select squad. The center fielder hit 343, drove in 15, had a homerun, scored 34 runs from his lead-off spot, and stole 15 bases in 15 attempts. Gilbert was the fastest kid on the team, as his play in center showed. On more than one occasion, he ran down balls that should have been hits, many for extra bases.

Another junior, **Tony LeClair**, was also honored for the second time as a first-teamer. LeClair, converted from first to third this past season, batted .354, with five homeruns and 29 runs batted in. He had four triples and three doubles from his clean-up spot. His .671 slugging percentage was second only to St. Jean. He had 55 total bases, which was first on the club.

Senior **Derek Mercadante** made the second team. Mercadante was an all-around player who manned third, pitched (2-3), and could play the outfield or catch in a pinch. He batted .322 and drove in 10 runs.

Softball saw one of the best in the business make first team for the third time - catcher **Dianna DiStefano**. The senior started all four years. She batted .507 with 19 RBI's. She stole 19 bases. And despite the fact that many times she was handling balls in the dirt, she committed only three errors in over 157 innings of work.

Of the 18 runners who attempted to swipe a base on her, she gunned down 12 of them. Throughout her entire career, DiStefano had the two great qualities any outstanding catcher must have - leadership and toughness.

Also on the All-Western Mass. team for the second straight year was junior shortstop **Jill Gendron**. Despite missing the final four games of the season plus two playoff contests, she hit .420 with 18 RBI's. Her three homeruns led the team. She covers more ground than a prairie dog town, making only three errors in 97 chances (.970 fielding percentage).

Junior **Tiff Blackman** made the second team. Blackman was the consummate utility player, seeing duty at second, filling in for Gendron at short, and (during the final games of the season) had a stint in the circle.

Boys' volleyball saw two kids make All-Western Mass. Senior captain **Brad Theriaque**, who had 115 kills and was a standout on defense, is one. The other is junior setter **Mike Thomas**, who had 108 kills and an assist average of .326 for the Southern Division champs. Senior **Jeff Maynard** was on the second team.

\*\*\*

**Kelly Cassidy**, just a sophomore, made the first team in girls' track. Her specialty was the 100-meter high hurdles, where she set a school record of 16.3 seconds. She also took a third in the long jump at the sectionals. Cassidy is part of a talented crop of underclassmen who figure to keep Agawam girls' track competitive for a long time.

**Kerry McGeoghan** made the Western Mass. team again as a standout high jumper, following in the footsteps (or perhaps the leaps) of her All-American brother, Phil. McGeoghan, who was injured much of the season, took first in the Western Mass. high jump competition (5-4). She was also fourth in the triple jump (35-8). McGeoghan will be attending the University of New Hampshire this fall on a track scholarship.

Junior **Laura Bucalo** made it on the merits of her shot put performances. It was the first time Bucalo had ever tried track and field, coming over from softball.

**Kevin Grealis** was named to the team from boys' lacrosse. He was known for his tough defensive work, which helped the Brownies win the league title this year. He was a member of the all-league team as a junior and senior.

Defender **Brian Gilhooly** made the second team. His defensive skills also made an impact. Gilhooly was also an outstanding defenseman on the AHS hockey team.

Girls' lacrosse saw three kids make the first team. Senior **Ann Paquette**, a tenacious offensive player, had 62 goals and 26 assists and is a third-time pick.

SEE ALL-WESTERN MASS - Page 40



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## Golf Tip Of The Week...

by Eric Nelson, PGA  
Head Golf Professional  
Oak Ridge Golf Club  
Feeding Hills, MA



### Greenside Play - Read Chips, Too...

Why is it that a golfer who will spend an endless - and unnecessary - amount of time reading a putt from every direction on the compass won't even take a second look at the line of a chip?

You should, because the best chips get the ball rolling as fast as possible. And while you're far less likely to hole a chip than a putt, you can't expect to get a chip close unless you first get an idea of the grain, the break, the undulations of the green, and the expected speed of the green.

So take time to line up a chip as you would a putt - quickly but conclusively. And then hit it.

### ALL-WESTERN MASS - from Page 39

Paquette will always be remembered for her banzai-like rushes up field that (more often than not) resulted in something good happening for the offense.

Senior **Katie Shannon** is also on the team. She was a member of the second squad last year. Her forte was defense, which she played with an intimidating style.

**Sheri Benton** also made it. She was a defensive-minded center and a repeat selection.

Goalie **Mary-Elizabeth Dupelle** managed a spot on the second team, which seems a little unfair to the four-year starter whom Coach Cindy Grieve calls "the heart of our defense."

*For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...*

## A Great Season For Valenti's Braves



THE MEMBERS OF "The Valenti Braves," the 2000 Agawam Little League's Major League champions, would like to thank their coaches for a great season. Pictured above are Coach **Rob Danie**, Coach **Bruce Bussiere**, Coach **Bill Leydon**, **Chris Ryan**, **Zach Bussiere**, **Jimmy Valenti**, **Steven Butt**, **Dan Matroni**, **John Leydon**, **Anthony Costa**, **Kevin Danie**, **Josh Barkum**, **T.J. Kopycinski**, and **Alex Schwein**.

## AHS Fall Sports Physical Exam/Tryout Schedules

In order to be eligible to try out for a fall athletic team at Agawam High School, potential student-athletes **must** submit an M.I.A.A. Physical Examination Form signed by both a doctor and parent/guardian.

Forms are available in the main office and Director of Athletics' office at Agawam High School. Potential candidates may have a physical examination done by their own doctor or done by the school's doctor.

In either case, a potential student-athlete must submit this form before he/she may try out for any team.

Physical examinations will be given at Agawam High School, in the nurses' office, on the following dates and times:

**WEDNESDAY, AUGUST 23rd:** 8:30, ALL Football; 9:30, Varsity and JV Boys' soccer; 10:00, Boys' Cross Country; 10:15, Golf; 10:30, Varsity and

JV Girls' Soccer; 11:00, Varsity and JV Field Hockey; 11:30, Girls' Volleyball.

**MONDAY, AUGUST 28th:** 8:30, Freshmen Boys' Soccer; 9:00, Freshmen Girls' Soccer; 9:45, Freshmen Field Hockey; 10:00, Gymnastics; 10:15, Girls' Cross Country.

**WEDNESDAY, AUGUST 30th:** 8:00, Make-up physical for boys; 8:30, Make-up physical for girls.

### TRYOUT SCHEDULE

**WEDNESDAY, AUGUST 23rd:** Girls' Volleyball Sign-ups (after physicals); 1st Day Non-Contact Conditioning Football.

**THURSDAY, AUGUST 24th:** 2nd Day Non-Contact Conditioning Football.

**FRIDAY, AUGUST 25th:** 3rd Day Non-Contact Conditioning Football.

**MONDAY, AUGUST 28th:** All teams begin tryouts.

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# Two-Day Football Camp At Phelps School

by Dave Rollins  
Sports Editor

Tennis isn't the only sport getting an instructional shot in the arm this summer. A two-day football camp was held last Monday and Tuesday at Phelps School. It was run by an outfit called Precision Sports, out of Bristol, CT.

Precision Sports conducts clinics all summer long around the Massachusetts, New York and Connecticut areas. Steve Villanti, associate head football coach at Central Connecticut State University and a four-year letterman at Syracuse University, directed the clinic. He was assisted by several other coaches from the school.

They had quite an agenda - offensive and defensive skills, speed development, strength development, and plyometrics for football. Plus, the kids each got a fitted helmet to use for the two days of semi-contact drills and a complimentary pair of hot-looking (a la Deion Sanders) Reebok football cleats. The sessions lasted from 5:00 to 7:00 p.m.

This is the first year Precision Sports has been to Agawam. They are here at the request of Maria

Scoville, the coordinator of the camp. Last year, she and her husband, Phil, had their son, Philip (a senior player in youth football), attend a Precision Sports camp in Westfield. "We were really impressed by the way they taught the game and their professionalism. It seemed like the right thing to bring them to our town," Phil Scoville said.

Villanti explained just what they try to accomplish: "We work with 32 towns and, at every camp, we try to give timely instruction and make sure the kids are learning proper techniques and the safety aspects of the game."

The coach said if there is one thing they try to stress, it is that football basically boils down into blocking and tackling. "We try to build the program around that premise. Because if you can do those two things well, you will never be out of a game, no matter how good your opponent might seem to be."

He also noted that they work hard on the skill positions as well, and stressed that the whole philosophy of the camp is to teach the basics. "We try to spread

the word of football and make sure the kids are doing things the right way."

According to Villanti, they try and talk to and work with the many youth coaches they meet. "We have an opportunity to interact with them. They ask questions. We interchange some ideas. They enjoy that. And we give them a lot of credit. Many of them are dads giving of their time."

The turnout at the camp was 72 kids. "We were expecting maybe 50," Maria Scoville said. "So this is great and they are getting top-notch instruction."

"A turnout like this shows just how committed the youth football organization is to the game in Agawam. And Maria Scoville put a great deal of work into organizing the whole thing. She should be complimented," Villanti said.

The price of the camp was \$54, plus \$5 for insurance. With the cleats thrown in gratis, that works out to a pretty sweet price for the quality product the kids received.



IN LEFT PHOTO: Resident Maria Scoville, the coordinator of the two-day football camp at Phelps School. IN RIGHT PHOTO: Some of the local youngsters who attended the football camp (from left to right): Robert Couture, Blake Dutilly, David Proulx, and Lauren Learned (the only girl who attended the camp). Advertiser News photos by Dave Rollins.



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### I.C.A.S.T. Show In Chicago

#### Previews The Latest And Greatest

On a recent Wednesday morning, I was at the I.C.A.S.T. tackle manufacturers' dealer show at the convention center in Chicago.

This was a great opportunity to see all the new tackle, depth finders, rods, reels, and assorted necessities of life that will appear on the shelf next spring.

For me, this was like being a kid in the candy store. Companies like Lowrance Electronics, Normark, Triton Boats, and many others were strutting their stuff and busily writing dealer orders.

To top it all off, the BassMasters Classic was in town as part of the show. On Thursday afternoon, the show was opened to the public and fishermen from all over who showed up to gawk at the latest gear and take in the first round of the BassMasters weigh-in.

In the coming weeks, I will provide some detailed information on the latest and greatest tackle, gizmos, boats, and motors that every self-respecting fisherman absolutely must have.

One fairly new product is called "Catfish Cocktail" and it really works! It is produced by a company in Salem, Oregon called Pro Cure. They make a variety of scent products and I got a sample to try. Just soak your catfish bait in this stuff like a marinade overnight and it will outfish untreated bait by a 2-1 margin.

## Babe Ruth League To Hold All-Star Game This Sat.

The Agawam Babe Ruth League will hold the first annual George Fontaine Memorial All-Star Game this Saturday, July 29th, at Shea Field at 10:30 a.m.

Coach Fred Perry of the Bridgeport Bindery will coach a squad comprised of Yankees, Rockies, and Royals All-Stars, while Coach John DeBonville of Fran's Restaurant Indians will substitute for Steve Bonesteel of the Padres and coach a squad of Padre, Indian, and Red Sox All-Stars.

George Fontaine was a member of the Berkshire Power Padres who died unexpectedly after the conclusion of last season. Fontaine played in last year's All-Star Game.

The League had decided to honor Fontaine's memory by playing an All-Star Game every year.

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### BLUEFISH HIT THE RACE

The action was immediate as the party boat made its first early-morning drift through the nautical traffic jam at the Race. A stiff current and 150-foot depths made a few tangles inevitable. Mates raced to untangle the lines and gaff the hoard of bluefish coming over the rail. Everyone was in to fish all at the same time.

That scene is being repeated over and over again in the Race for anglers lucky enough to get out there on the good days.

Party boats from Niantic to Rhode Island descend on the Race for an almost sure score on both stripers and blues.

Heavy tackle is important, as 16-ounce drail and chain rigs are necessary to get the rigged baits to the bottom.

Bluefish are terrific fighters. For those unfamiliar with bluefish, they have been described as life-support systems for teeth. Anything that swims and can almost fit into their mouth is fair game. Fish that are too large to get into their mouth are simply chomped in half or whatever bite-sized pieces are necessary.

Bluefish are gluttonous eaters. When a bluefish is full and the feeding frenzy is continuing, they will regurgitate their stomach contents and start over. When the opportunities exist to battle one of these eating machines (or "choppers," as they are known) on light tackle, the battle is memorable.

When removing the hook from a bluefish, a pair of long-nose pliers is almost mandatory. More than one person has lost all or part of a finger while trying to unhook a large blue.

### FISH REPORTS

#### FRESH WATER

Congamond Lakes: Kurt at Saunders Marina

*Kent Servis' "Outdoors New England" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages...*

reports that bass action has been consistent. Some large pickerel are also being taken by anglers. Bass are holding in deep water during peak activity times. Jigs and tube lures are accounting for quite a few of the better fish. Plastic worms fished off the deep weedlines are also producing.

Valley streams are giving up a few nice trout for those willing to hit the streams at sunrise and at dusk. The Westfield River is reported to be giving up a few of its lunker trout in the vicinity of the Turnpike bridge and downstream areas.

Five Mile Pond in Springfield is producing some decent largemouth action on the deep side of the shoal near the center of the eastern portion of the lake. Soft plastics and jigs are working during the day, and suspending jerk baits are taking fish under the low-light conditions.

Connecticut River smallmouth are hitting again! A return to somewhat more normal water levels has stabilized the action. Lead head jigs with a twister tail grub are working in the deeper channel cuts and on the downstream side of the deeper bridge supports. The Rt. 91 bridge and the Rt. 391 bridge are producing some fairly large walleyes for night anglers. Schoolie stripers are still being taken in the area near Jones Ferry Marina and Pirates Cove Restaurant.

### SALT WATER

Bluefishing has picked up both in in-shore waters as well as at popular spots such as the Race and Plum Gut. Charter boats and party boats that are targeting the blues are having pretty good luck, with some real heavyweights coming over the sides. Stripers are everywhere on the Cape and North Shore. Almost half of the fish are of keeper-size.

Long Island Sound has not had quite the striper action as the Cape and vicinity, but there are plenty of bass to be had.

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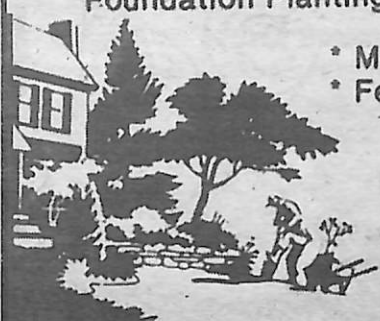
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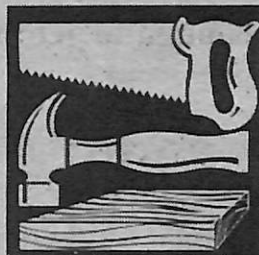
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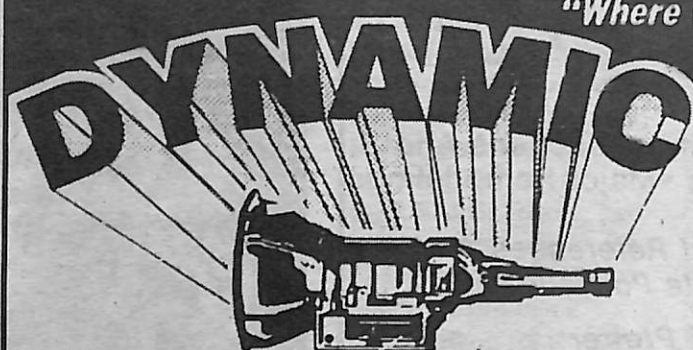
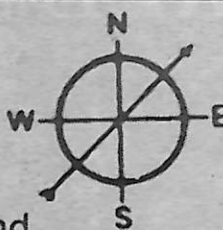
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**TAG SALE:** Moving! Furniture, misc. items, solid cherry twin bed set, patio table, umbrella. Sat. & Sun., July 29th & 30th, 9:00 to 4:00. 120 Elm St., Agawam.

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**COOK WANTED:** P/T, to prepare meals for Feeding Hills child care center. Experience preferred. Call Julie at The Kids' Place, 786-7980. EOE.

**TEACHERS WANTED:** F/T, Preschool and Infant Toddler Teachers for Feeding Hills child care center. Must be OCCS qualified and have experience in child care field. Call Julie at The Kids' Place, 786-7980. EOE.

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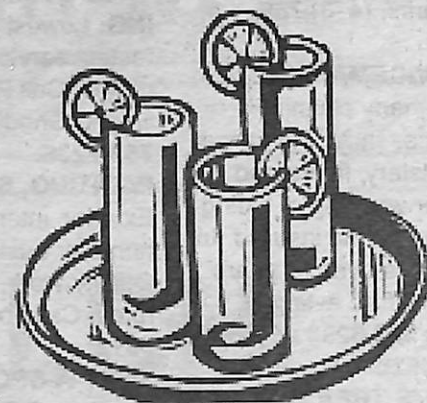
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Feeding Hills Center

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<b>Kahlua Liters</b> <b>\$18.99</b>	<b>Kennedy Canadian</b> (1.75 Ltr.) <b>\$10.99</b>	<b>Jack Daniels Cocktails</b> (1.75 Ltr.) <i>Lynchburg Lemonade, Down Home Punch, Wild Blackberry Jack</i> <b>\$9.99</b>		<b>Crown Royal</b> (750 ml.) <b>\$16.99</b>

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